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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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**May 2002**

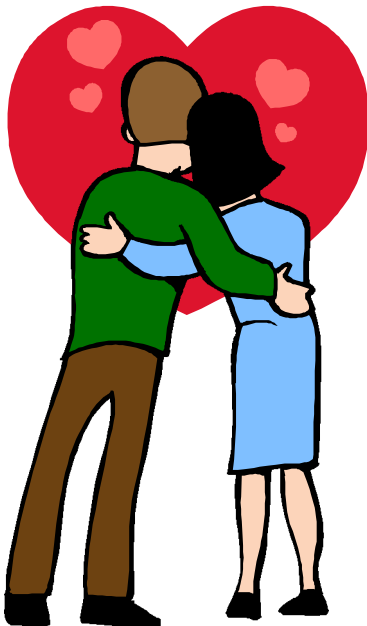
**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 5**

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## MILITARY SPOUSE APPRECIATION DAY MAY 11

A WARM & SINCERE "THANK YOU" IS EXTENDED TO ALL OUR COAST GUARD SPOUSES. WE HUMBLY RECOGNIZE ALL YOU DO - AND DEEPLY APPRECIATE THE ENCOURAGEMENT AND SACRIFICES YOU SHARE. YOU'RE ALL UNIQUE IN YOUR OWN RIGHT, AND YOUR GIFTS SERVE AN INTEGRAL PART IN ENABLING OUR MEMBERS TO STAND AT MISSION READINESS AT ALL TIMES.



### IN THIS ISSUE:

- ❖ Call for CISM Peer Volunteers
- ❖ Planning Guideline for a Successful Career Change
- ❖ EAP Bulletin
- ❖ Taking a Look at Our Caffeine Habit
- ❖ Summertime Leisure & Teens



Mission Statement: *Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.*

# Critical Incident Stress... And What YOU Can Do About It

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

A critical incident is any event that overwhelms the normal coping mechanisms of a person or group of people who were exposed to the incident. It may be a large-scale catastrophe like the San Francisco/Los Angeles earthquakes; but it is more likely a smaller, less dramatic event such as a difficult search and rescue case or a mishap dealing with loss of life or severe injuries, a workplace injury, or even a traffic accident. The type of event is not as important as the impact that event has on the people exposed to it.

## What Can Be Done?

Critical Incident Stress Management (CISM) is an integrated "system" of interventions that are designed to prevent or mitigate the adverse reactions of the critical incident. Various interventions have been designed to accelerate normal recovery in normal people who are experiencing the normal signs, symptoms and reactions to totally abnormal events. These interventions have proven themselves over time, yet they are fine-tune as our experience grows.

The Coast Guard has CISM teams. Each team is led by a trained mental health professional and includes specially trained CISM peers. Coast Guard, peers are usually active duty military members, though, on occasion others are used.

## Peers

Peer support personnel are chosen because of their maturity (not age), and ability to work with people. They must have an understanding of the harmful effects of stress and have a desire to lessen stress in their fellow workers. They are dedicated and caring people who are willing to give their time and talents to assist their shipmates. Peers are usually the prime movers on a CISM team.

Sound interesting? Well, this is your chance to find out...Your Work-Life Staff is once again looking for

military members who are interested in being trained to function as CISM peers.

## Training

For those members interested in becoming a peer, training will be held 28-31 May 2002, and orders will be funded by Work-Life. We are seeking candidates for this training who possess good communication skills, maturity, and approachability. We are looking for a mix of people - across the scope of rank, rate, gender, and age.

## Minimum Criteria

The minimum criteria for choosing peer support personnel are:

- Emotional maturity
- Respect of one's peers
- Ability to keep confidences
- Sensitivity to the needs of other people
- Willingness to work as a team member
- Agreement to work within one's limits
- Agreement to follow the established criteria

## Calling All Volunteers

If you think you might be interested in becoming a CISM trained peer, send a letter or e-mail to Jeri Couthen, EAPC. Include a short discussion of your background, skills, and motivation for becoming a peer.

Please be sure to inform your command of your intentions, because participation will require Command approval and recommendation. Additionally, candidates may be subject to short notice requests to participate in Critical Incident Stress interventions (operational requirements permitting).

The number of training slots is limited and selection will be competitive. The original deadline for application was 1 May, but that has been extended to 6 May to reach the widest number of interested people. For more information contact Jeri Couthen at (808) 541-1585.

# PLANNING:

## Keys To A Successful Career Change

By  
Shirley D. Caban

*As the ISC Honolulu Transition & Relocation Programs Manager (TRM), my mission is to assist relocating and transitioning members and their families by providing them accurate, and comprehensive information. In addition, I provide employment assistance, which includes job referrals, resume assistance and information on duty stations for CONUS and OUTCONUS locations.*

*The following article was extracted from Job Seekers' Write Up – Employment Resource Guide*

A time-line can be a useful tool in conducting a successful job search. While the following information is specifically provided to help separating military personnel make smooth transitions into the civilian work force, these steps can be followed by anyone considering a career change.

You will find strategies to begin implementing 12 months before you wish to start your new job.

### 24-12 MONTHS

- See your career planner, research your options.
- Start financial planning; try to have enough money saved to cover at least four months of expenses.
- Check on health and life insurance.
- Start attending job fairs.
- Attend a Transition Assistance Program (TAP) class; bring your spouse.

### 9 MONTHS

- Begin a draft of your resume.
- Check out relocation options.
- Research jobs through all means available.
- Develop a network of co-workers on active duty and already separated.

### 6 MONTHS

- Keep networking in your chosen career field.
- Research employment addresses.
- Have your resume reviewed.
- List employers in your field.
- Research the job market.

### 5 MONTHS

- Network with friends, family and acquaintances. Tell everyone you're job searching.
- Keep attending jobs fairs
- Check on working and economic conditions where you want to live.
- Stick to your financial plan.
- See about fulfilling your active service through the ready reserve.

### 4 MONTHS

- Visit a Veterans' Affairs representative for information about education, disability, or available loans.
- Learn about healthcare options.
- Arrange for a pre-inspection of your quarters.
- Visit the Relocation Assistance Program office for information.
- Complete a government application for employment.
- Fill out Form DD295
- Compile a list of references.

### 3 MONTHS

- Check your separation code for involuntary separation benefit information.
- Attend a Disability TAP class if you have a disability claim.
- Prepare a will, or get answers to your legal questions at the Legal Office.
- Schedule a dental examination.
- Arrange for transportation counseling.
- Send out resumes and cover letters.

### 2 MONTHS

- Keep networking.
- Ensure your VA disability claim is complete.
- Register with the Employment Security Commission, providing worldwide listings.
- Schedule your separation physical.
- Determine eligibility for separation pay.

### 1 MONTH

- Schedule your move.
- Schedule your job interviews.
- Consider converting your Servicemen's Group Life Insurance to Veterans' Group Life Insurance.
- If you are unemployed at this time, you may qualify for unemployment compensation.

**Note: This information provided by the Career Resource Management Center at Marine Corps Air Station Cherry Point, North Carolina.**

**TAP** classes are held at Hickam Air Force and Pearl Harbor Fleet and Family Support Center. The experts are available to provide assistance in the transition areas.

**Pre-Retirement** seminars are scheduled in April and September and are held at ISC Honolulu's Work-Life

Center. Interested in getting additional information?

| Contact Shirley Caban at 541-1586

# FAMILY SUPPORT CENTER @ HICKAM AFB

*Building 1105, 449-2494 or 449-6475*

*[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)*

## **DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS**

**COUNSELING, May 7, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

## **FAMILY READINESS BRIEFING, May 6, 13, & 20, 1:00-2:00**

**pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

## **HOW TO START AND EXPAND YOUR OWN BUSINESS.**

**May 14, 1:00-3:00 pm.** If you are thinking about starting your own business, this workshop is a must! Kim Hite, Business Development Specialist, US Small Business Administration (SBA), and Milton Kwock, Manager of the Business Action Center, DBEDT, State of Hawaii, join forces to present a general overview and key considerations for potential entrepreneurs.

## **INTERVIEWING WITH CONFIDENCE, May 21, 9:00-11:00**

**am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

## **INVESTING MADE SIMPLE, May 29, 1:00-2:00 pm.**

This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

## **LOOKING FOR EMPLOYMENT IN HAWAII, May 14 & 28,**

**8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

## **MILITARY SPOUSE APPRECIATION DAY, May 10, 11:00**

**am.**

**12:00 pm.** The Family Support Center recognizes and appreciates military spouses for their contributions and sacrifices made to the Air Force. Join us in acknowledging them at the AAFES BXtra.

## **MONEY MANAGEMENT, May 1, 1:00-2:00 pm.**

This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, May 15, 1:00-2:00**

**pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county

liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

## **PICK A WINNING MUTUAL FUND, May 22, 1:00-2:30 pm.**

You've determined your risk tolerance and asset allocation and are ready to invest. With over 8,500 mutual funds available, how do you choose one that meets your needs? This class will teach you the dos and don'ts to increase your chances of choosing the right mutual fund for you.

## **PLAYMORNINGS, Tuesday-Friday Sessions, May 1-31, 9:00-**

**11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING I, May 23, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, May 30, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

## **SALARY/BENEFITS NEGOTIATION, May 15, 9:00-11:00 am.**

This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package." A must for separating/retiring members entering the civilian workforce.

**SMOOTH MOVE, May 23, 9:00-11:00 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

**SPONSORSHIP TRAINING, May 2, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP,**

**May 7-9, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

## **VOLUNTEER ORIENTATION, May 2 & 16, 11:45 am-12:45**

**pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, May 8, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

## Help for Broken Hearts in Broken Homes

By *Connie Wilson*

When happily ever after is suddenly interrupted by parents ending their marriage in divorce, the world of a child transforms. Their reliable, safe haven called home turns into a tenuous place full of fear, doubt and confusion. Often, even the most concerned parents become consumed by their own emotional turmoil. And some parents are so involved in their own emotional upset, they leave children to figure things out for themselves.

During a divorce, most children must deal with intense emotional turmoil from the perspective of a helpless observer. But young people can benefit if their feelings are at least acknowledged and understood by parents and other concerned adults. These feelings and concerns may fluctuate in intensity as the days and months go by.

**Shock** – The shock of a divorce can numb a child's feelings, protecting him/her from the overwhelming sadness and confusion before them. The shock can last for a long or short time and can reappear whenever chaos strikes. It also masks the child's pain from others. When a child appears to be taking a divorce well, it is important to remember they are still grappling with endless questions that reach the core of their being: Where will I live? Where will my parents, brothers, sisters, pets live? What about holidays, birthdays and sport events? What about our summer camping trip?

**Loss** – In a divorce, children face sudden, immeasurable and unexpected losses. The children go back and forth between parents' homes and have their lives uprooted on a regular basis. In doing so, they are constantly reminded that the thing they miss most is their other parent. They face the loss of life as they've known it – and an uncertain future.

**Anger** – Having to endure change is at the root of much anger. Children don't want their parents to divorce, they don't want to move, they don't want to see only one parent at a time, and they don't want to be in the middle of their parents' ongoing feuds. Sadness often results in anger, perhaps as a self-protection mechanism that allows a child to direct emotions outward rather than inward. If gentle understanding and relating to their fears doesn't help, it may be a good time to seek professional help.

**Worry** – A child with limited worries prior to divorce suddenly faces worries of insurmountable proportion. When will I see Mom and Dad? Will they be fighting? Who will pick me up from school? Children can worry so much that they lose their ability to think clearly or concentrate in school.

**Shame** – Some children feel so ashamed about their parents divorce, they don't even talk to their best friends about it. This isolates them from the help they need to move through the situation healthfully. Others may be motivated by their mortification to seek out other kids with divorced parents. This way they get a realistic view of the situation, are likely to begin to feel that things are not as dreadful as they originally feared and generate a new support system.

**Relief** – Some children may feel relief when their parents separate, especially if they have been exposed to persistent fighting or violence.

It is only speculation, not supported by scientific studies, but respect seems to be the key issue in helping kids to feel safe during and after a divorce. A broken home doesn't necessarily mean the children's hearts have to be broken. They will certainly be tender at first, and how we approach our children and our ex-spouse will affect how quickly and how well our children adjust.

If you know a young person who is having a difficult time during a divorce, contact your employee assistance program.

*Connie Wilson, PsyD, is a clinician at Workplace Wellness, a subsidiary of Stanislaus County [California] Behavioral Health and Recovery Services.*

## Inexpensive Life Insurance

Alcohol represents the biggest part of the nation's substance abuse struggle. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), nearly 14 million Americans —7.4% of the population — meet the clinicians' definition for alcohol abuse or alcoholism. Several million more adults engage in risky drinking patterns that could lead to alcohol problems.

Mixing alcohol and driving is serious business. In 1997, alcohol-related automobile crashes killed more than 16,000 people—an average of one death every 32 minutes. In addition, an estimated one million more people are injured each year in alcohol-related crashes. About three out of every 10 Americans will be involved in an alcohol-related traffic crash at some point in their lives. Fatal traffic crashes, the leading cause of death for those aged five through 24, involved alcohol four times out of 10.

The most effective precaution is to not drink and drive and to not ride with a person who has been drinking. The money you spend on a cab ride could be the least expensive life insurance policy you'll ever purchase.

*Sources: Alcohol Health Research World; National Highway Traffic Safety Administration; US Department of Labor.*

## Redefining the Problem

When a stressful situation arises, stop and think about it — literally. Studies have shown that we can train our minds to regard an event negatively or positively.

So when you feel your pulse and breathing quicken and your blood pressure rising, take a deep breath and focus on redefining the problem. In *Resilience: Discovering A New Strength at Times of Stress* (Ballantine Books), Dr. Frederic Flach advises against dwelling on a situation's negative impact on you. The problem is already there, so don't get hooked into "would-a, could-a, should-a" thinking or blaming.

Rather, he says, turn your mind to finding a remedy for the problem or a way to avoid it in the future. Here are some examples:

**Redefining a relationship problem:** "She and I can't have a conversation without fighting. Why can't we communicate easily?" may be redefined as, "What can we do to respect each other's thoughts and feelings?" In the first question, the person asking it is convinced there's a communication breakdown. The "redefinition" question, however, looks for solutions and room for growth.

**Redefining stress:** "I never have enough time — my spouse wants me to attend to things at home, the kids want me here, the boss wants me there. How can I ever manage it all?" might be redefined as, "What's important to me? What do I like doing most of all or what do I need to do most of all?" The second line of questioning is an honest inquiry into what you can and cannot accomplish within your limits. Whereas trying to manage it all only makes it more stressful. Asking yourself how you can improve the situation opens the door for a successful solution.

**Redefining a work situation:** "This is the worst it's ever been. How can anyone work under these conditions?" may be turned to, "How can I take care of myself? What can I do to make this time easier for me?"

Just by taking a different look at a situation, we may be able to guard against disabling ourselves from the effects of stress. Think positively.

## 10 People Who Made It Big Despite A Rocky Start

**Louisa May Alcott** was told by an editor she'd never write anything popular. More than a century later, *Little Women* is considered one of the best American children's books of the past 200 years.

**Florence Chadwick**, the first woman to swim the English Channel, also attempted to be the first woman to swim from Catalina Island to the California coast. Caught in thick fog, she had to abandon her try, but only two months later she succeeded, beating the men's record by two hours.

**Louis Freeman**, the first African-American chief airline pilot, tried to join the Air Force after graduating from college but failed the required test. Not used to failing, he took the test again and passed.

**Walt Disney** was fired by a newspaper editor because "he had no good ideas."

**Charles Goodyear** was sent to debtor's prison before he discovered the process that revolutionized the rubber industry.

**John James Audubon**, the renowned naturalist artist, was roundly criticized for frolicking in the woods instead of going to school. Later, he bankrupted the family business.

**John F. Kennedy Jr.** had to take the New York bar exam three times before he passed.

**Steve Jobs and Steve Wozniak**, founders of Apple Computer, tried to sell the rights to their personal computer to a Hewlett Packard executive, who told them, "We don't need you. You haven't got through college yet."

**Michael Jordan** didn't make the varsity basketball team as a sophomore in high school.

**Abraham Lincoln** started out as a captain at the beginning of the Blackhawk War. By the end of the war, he had been demoted to private.

*Source: Perfectionism: What's Bad About Being Too Good? By Miriam Adderholdt, PhD, and Jan Goldberg (Minneapolis, Minn.: Free Spirit Publishing, 1999); and Southern Living magazine, August 1999.*

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**Federal Occupational Health**

*a division of the US Public Health Service*

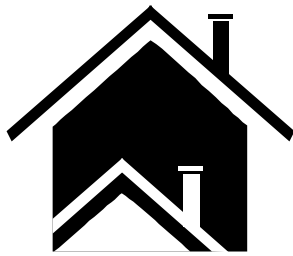
The EAP is part of the US Coast Guard Work-Life Program. Each Integrated Support Command (ISC) has a Work-Life Office and an EAP Coordinator. To contact a US Coast Guard EAP Coordinator, call your ISC Work-Life Office. For administrative details about the program, visit us on the Web, go to [www.foh.dhhs.gov](http://www.foh.dhhs.gov).

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# OAHU HOUSING CORNER MAY 2002

## HAZARDOUS HOUSEHOLD MATERIALS

There have been an increasing number of incidents of improper dumping of used motor oil within our KKH housing dumpsters. **USED MOTOR OIL CANNOT BE DEPOSITED WITHIN ANY DUMPSTERS IF NOT CONFINED WITHIN AN ABSORBENT CONTAINER SPECIFICALLY DESIGNED FOR THE DISPOSAL OF MOTOR OIL.**

If you are unsure about how to dispose of a material, or if you are unsure whether the material is considered a hazardous, call the Refuse Division at 523-4774.

Whether you are PCS'ing out of Hawaii or have too much unused products, try to use up as much of the hazardous household material as possible. Then ask friends, neighbors or non-profit groups if they can use the products. Call **HIMEX, the Hawaii Materials Exchange at 586-8143** to list usable products on a statewide database and broaden the possibilities for finding a taker for your product.

### Special Handling

The City schedules special Handling of Hazardous Materials every three months. The next drop-off day is Saturday, 8 June 2002. To make an appointment to drop off hazardous materials for the 8 June date, you must email or phone 523-4774 no later than Friday, 31 May 2002. Schedule an appointment for drop-off if you have these materials:

Acetone	Gasoline	Mercury	Rust Remover
Arsenic	Herbicides	Paint Stripper	Solvents
Boric Acid	Hydrochloric Acid	Paint Thinner	Swimming Pool
Chlordane	Insecticides	Paraquat	Chemicals
DDT	Kerosene	Pentachlorophenol	Turpentine
Fertilizers	Lead	Paris Green	Varathane
Formaldehyde	Lighter Fluid	Photographic Chemicals (muriatic acid, etc.)	Wood Preservatives

### Dispose On Your Own

<u>MATERIAL</u>	<u>METHOD</u>	<u>MATERIAL</u>	<u>METHOD</u>
Aluminum Cleaners	Flush down drain	Hair Relaxers	Flush down drain
Ammonia Cleaners	Flush down drain	Medicine (liquids)	Flush down drain
Antifreeze	Absorb and trash	Medicine (pills)	Trash can/Flush down toilet
Auto Battery	Return to retailer	Metal Polish w/Solvent	Trash can
Auto Repair Products	Trash can	Oil products (motor oil, cutting oil, fuel oil)	Absorb and trash
Bathroom cleaners	Flush down drain	Oven cleaner	Trash can
Batteries – Household	Trash can	Paint (see also Sprays)	Absorb and trash
Brake fluid	Absorb and trash	Primer	Absorb and trash
Bug Sprays	Sprays	Propane Tank	Drop-off
Diesel Fuel	Absorb and trash	Shoe Polish	Trash can
Disinfectants	Flush down drain	Toilet Bowl Cleaners	Flush down drain
Drain Cleaners	Flush down drain	Transmission Fluid	Absorb and trash
Fiberglass	Trash can	Tub & Tile Cleaners	Flush down drain
Floor Care Products	Absorb and trash	Varnish	Absorb and trash
Furniture Polish	Absorb and trash	Window Cleaners	Flush down drain
Hair Permanent Lotions	Flush down drain		

Flush down drain: Flush down the drain with plenty of water; rinse and throw empty container away in trash container.

Sprays: Place absorbent material in a plastic bag, spray till can is empty, being careful not to inhale the fumes; leave can in bag, then tie and throw bag away in trash container.

Trash container: Close container securely to prevent spillage, and then thrown away.

Drop-off: Take to a Drop-Off Convenience Center. Propane tanks must be empty. Or you can take tanks (empty or containing gas) to Gaspro for a fee.

Absorb and trash: Pour liquid into a plastic bag with absorbent material, such as shredded newspaper, old rags, or sawdust. Once liquid is absorbed, seal the bag, and then thrown away in the trash can. An oil change box provides the same results. Paints can be hardened in the can, and then thrown away.

Return to retailer: Retailers of car batteries are required by law to accept your old battery when you purchase a new replacement. For excess batteries, call a battery recycler or ask retailers if they'll accept additional batteries. Further information is available on the City and County website at [www.opala.com](http://www.opala.com) or you may contact the Housing Office at 831-2766 for further assistance.

# Take a Look: Your Caffeine Habit

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

The following article was excerpted with permission from Barbara A. Brehm, Ed.D, professor of exercise and sport studies at Smith College, Northampton, MA and a contributing author to Fitness Management Magazine. Is caffeine good or bad? Tired drivers would say caffeine is good for keeping them alert. Workers attempting to solve problems in new and creative ways value caffeine's mental boost. People with headaches appreciate the relief caffeine brings. But people tossing and turning in their beds may be cursing that late afternoon cup of coffee. Irritable, stressed-out parents may be blaming their jangled nerves on too much caffeine in the family diet as they implore their kids to please settle down. Most adults appear to self-regulate caffeine consumption fairly well. They learn, perhaps through trial and error what amount of caffeine helps them feel alert and productive and when to stop before negative effects develop. Negative effects, such as stomachaches, nausea, nervousness, insomnia, and anxiety, encourage most people to limit caffeine consumption. Because caffeine is a powerful and habit-forming drug, it's a good idea to periodically examine your caffeine habit. Would you feel better if you reduced or eliminated the amount of caffeine in your life?

**Children and teens.** Children and teens are more sensitive to caffeine's effects, so they should limit their intake. Since children are usually alert enough without caffeine, why add fuel to the fire? If they are not alert, figure out what is causing the fatigue. Both children and teens should limit consumption to empty-calorie soft drinks, and replace them with more nutritious beverages, such as low fat or nonfat milk.

**Added fat and calories.** Watch out for added fats and calories in your caffeinated drinks. Sodas can be loaded with sugar, and coffee and tea drinks can be loaded with fats and calories.

**Irregular heartbeat, anxiety, or insomnia.** Reduce caffeine intake if you experience irregular heartbeats, anxiety, or insomnia. People who experience an irregular heartbeat when they consume caffeine feel like their hearts are beating too fast, or are "skipping beats." For some, any amount of caffeine is too much. Decaffeinated coffee, tea, and cola drinks may be safe, because the amount of caffeine in these products is

minimal. Many people experience feelings of stress and anxiety when they consume caffeine. This is because caffeine causes a version of the stress response in your body. To add insult to injury, people are more likely to overindulge in caffeine when they are under stress, and they end up feeling more stressed than before. Caffeine is a lone-acting drug, so some of the caffeine consumed early in the day is still circulating in your bloodstream at night. If insomnia is a problem, giving up caffeine may be the answer.

**Limit consumption.** Consume no more than two to five caffeinated beverages a day. Even if you do not experience negative caffeine effects, health risks begin to appear in people consuming more than two cups of coffee a day (16 oz) or somewhat larger amounts of tea or cola. Also, switch from coffee to tea if you experience ulcers or heartburn. Coffee (not caffeine) is the culprit, since it increases stomach acid production, so decaf is no solution. People with digestive complaints should reduce or eliminate coffee. Tea is not as likely to provoke stomach problems. Women should avoid caffeine when pregnant or nursing. High caffeine intake during pregnancy increases risk of miscarriage and low birth weight. Caffeine gets into breast milk, so nursing moms who consume caffeine may end up with irritable, fussy babies who have trouble sleeping. The jury is still out on caffeine and heart disease risk, but it is probably a good idea to limit caffeine anyway, especially coffee. Two substances in unfiltered coffee raise blood cholesterol levels. Coffee may also raise the level of another marker of heart disease risk, homocysteine, in some people. People concerned about anemia or bone density should keep an eye on tea and coffee. The polyphenols in tea and coffee interfere with iron absorption, so if you are taking iron supplements, drink your tea or coffee one hour before meals, and take the iron after the meal. Caffeine increases risk for osteoporosis, but only if calcium consumption is low. For answers to additional questions, consult your Unit Health Promotion Coordinator, your regional Health Promotion Manager, or ask your primary care physician. Remember...there is no magic solution to living a long, healthy life. Be well

# Summertime Leisure & Teens

By  
Ms. Mary Mansfield

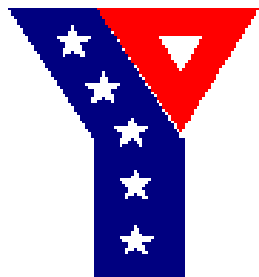
*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

Summer is just around the corner, and soon your teen-agers will have time to spare on their hands. Between spending time with family and friends, or simply “being bored,” what can you, as parents, do to ensure your teen has a balance of work and play? Dr. Judy Wood of Virginia Commonwealth University in Richmond, Virginia, has these tips to help your teen enjoy a fun-filled summer.

- **Make a plan.** As a parent, are you a list maker? If so, chances are your teen will be one, also. Time management experts agree that the best way to get more accomplished is to write down what you want to do the night before. Start with the first priority and continue. You may not get to every item on your list, but this provides the motivation to mark off each activity. Try long-range plans, short plans, and daily activities.
- **Encourage summer reading.** Consider this case. Mark lived several blocks from the library. Each week he filled his backpack, hopped on his bike, and returned books that he had finished. “After I made my selections, I browsed through the sports, wildlife, and auto racing magazines,” stated Mark. “I didn’t realize how much good material is available. Now I don’t spend my allowance or money I earn for publications. I read for free!”
- **Research your family history.** This hobby can be fun as well as informative. As people mature, they want more family information. Encourage your teen to gain knowledge about religious, economic, and

political influences as well as the personalities of their ancestors.

- **Learn a new skill or hobby.** Why do teens get bored? Does it happen because of what *is* or *is not* happening? Usually, boredom is a state of mind. Teens can choose to accept this feeling or do something about it. Encourage a healthy curiosity about life. Beat boredom by having a hobby or two. Margaret E Mulac in her book, *Hobbies: The Creative Use of Leisure*, suggests 99 easy, low-cost hobbies teens could consider.
  - “Making” hobbies: antique restoring, basket weaving, ceramics, jewelry making, sketching, and woodworking, etc.
  - “Doing” hobbies: bird watching, camping, cheerleading, cooking, photography, reading, song writing, creative writing, etc.
  - “Learning” hobbies: anthropology, folklore, foreign language (Hawaiian or Japanese), computer skills, etc.
- **Host an Exchange Student.** This is an excellent way to learn about other countries, their people, culture, and language. Perhaps your teen would like to consider being an exchange student next summer. Consult with your school or university or the internet.
- **Be flexible and adapt to change.** When plans fail to mature, help your teen remember this is a fact of life. Have a “Plan B” or alternative course.



**Armed Services YMCA/AMR**  
**May 2002 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!  
**THEMES FOR MAY - - Transportation/Nurses & Doctors**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanalua CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices vary according to age. Welcome ages are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth and meets every Thursday for 6 weeks from 7-9pm. The next class begins on May 16, 2002 through June 20, 2002. **Payment for this class is due no later than May 9, 2002.** Any questions please call us at 833-1185

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

**ATTENTION: All expectant and new moms'.** **WELCOME BABY** offers a support group twice a month. Come join us for an adult craft and discussion on various topics. Kid's can come too. For more information or to RSVP please call Pam at 433-2109.

**DONATE YOUR VEHICLE TO THE ARMED SERVICES YMCA**-it's a win-win

situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Playmorning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427

**UPCOMING EXCURSION**

**Where:** Sesame Street Live

**When:** June 16-23

For more information about the excursion please call 833-1185.

**KEIKEKARE BABYSITTING COURSE**

This course will be offered in June and July and is available to children ages 10 and up. However, only children 13 and above may be placed on our referral list. This class covers basic babysitting skills such as child development & childcare, emergency preparedness, age appropriate games and toys, first aid and CPR training. A minimum of 6 participants is required to offer this course. Please call 833-1185 for more information.

**FREE FOOD DISTRIBUTION:**

The Armed Services YMCA in conjunction with Hawaii Action Program (HCAP) will be distributing free food to low income families on **Wednesday May 8, 2002 from 9:00am-12:00.** For more information call 833-1185

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Dates to Remember</u></b> May 1 Lei Day May 12 Mother's Day May 18 Armed Forces Day May 27 Memorial Day ASYMCA Closed	May 8 <sup>th</sup> ASYMCA/HCAI Food Distribution	<b>1</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	<b>2</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>3</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am Hale Moku-9:30-11:00am
<b>6</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>7</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>8</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>9</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>10</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>13</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>14</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>15</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>16</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>17</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>20/27</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am <b>Reminder:</b> <b>27<sup>th</sup>-NO PLAYMORNING</b> <b>DUE TO MEMORIAL</b> <b>DAY HOLIDAY</b>	<b>21/28</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>22/29</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>23/30</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>24/31</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Prayer has been an integral part of our country from its inception, a steady source of strength, wisdom and guidance for us as a people. Born out of this recognition, the National Day of Prayer is observed on the first Thursday of May each year. Though we are a diverse nation—formed from many races, cultures and creeds—this event encourages us to unite in spirit and voice before our Creator to confess our reliance upon Him, devotion to His will, and invoke His continued blessings upon us. Hence, the theme and key verse for this year's observance are "America United Under God" and Christian Bible Psalm 46:1, "God is our refuge and strength, an ever-present help in time of trouble."

Certainly, this theme and verse are appropriate for all times, but especially so in view of all that has transpired in our country and world since September 11<sup>th</sup>. Today, as in days past, we need the lift and leading of God's almighty and loving hand. Though external and internal forces seek to divide us, unity in heart, mind, and purpose are provided through prayer before God's throne.

Benjamin Franklin's words to his fellow Americans at the Constitutional Convention of 1787 still ring true:

In the beginning of the contest with Britain, when we were sensible of danger, we had daily prayers in this room for Divine protection. Our prayers, Sir, were heard, and they were graciously answered...And have we now forgotten this powerful Friend? Or do we imagine we no longer need His assistance?

I have lived, Sir, a long time, and the longer I live, the more convincing proofs I see of this truth: 'that God governs the affairs of man.' And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise [or long endure] without His aid?" (See pp. 342ff in

*The Light and the Glory*, by Peter Marshall and David Manuel).

Wise words for Mr. Franklin's day as well as our own. They call us to reflection and meditation: indeed, they call us to prayer. So, as in the past, may we again discover God to be our resourceful refuge and our sustaining strength.

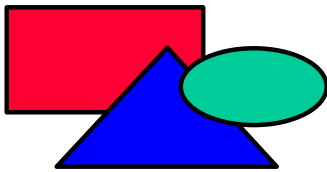
## Religious Faith and USCG History Calendar:

01 May 1898	USRC MCCULLOCH , under Commodore Dewey, fights at Battle of Manila Bay
02 May 2002	National Day of Prayer
03 May 1944	USS MENGES torpedoed by U-371
03 May 2002	Good Friday (Orthodox Christian)
04 May 1944	USS PRIDE with three escorts sinks U-371
05 May 2002	Paschal Easter (Orthodox Christian)
07 May 1945	USS MOBERLY and USS ATHERTON sink U-853
07 May 1994	Retiring of last HH-3F Pelican helicopter
08 May 1987	USCGC OCRACOCKE and other units make largest cocaine seizure to date: 1.9 tons
09 May 1942	USCGC ICARUS sinks U-352
09 May 2002	Ascension of Jesus (Christian)
11 May 1898	USRC HUDSON towed USS WINSLOW from certain destruction under Spanish forts
12 May 2002	Mothers Day
13 May 1905	Lighthouse Service extended to Guam
15 May 1862	USRC NAUGATUCK participates in bombardment of Drury's Bluff (James River)
16 May 1846	Eleven cutters assigned to aid the Army and Navy in the Mexican War
17 May 1919	LT Elmer Stone, USCG, makes first trans-Atlantic flight in Navy NC-4
17-18 May 2002	Shavuot (Jewish)
18 May 2002	Armed Forces Day
19 May 2002	Pentecost (Christian)
22 May 1967	USCGC BARATANIA provided first fire-support mission for Market Time operations
24 May 2002	Mawlid an-Nabi (Islam)
25 May 1877	Training of first Revenue Cutter cadets begins at Curtis Bay
26 May 2002	Trinity Day (Christian)
30 May 2002	Corpus Christi (Catholic Christian)
	Thanksgiving for Communion (Anglican)
	Memorial Day

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>





## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

NCTAMS PAC Satellite Office  
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# MAY 2002 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">FEDERAL EMPLOYMENT</a>	MAY 21	5:00 PM - 7:00 PM	
<a href="#">INTERVIEWING SKILLS</a>	MAY 8	8:30 AM - 10:30 AM	NCTAMS PAC
<a href="#">INTERVIEWING SKILLS</a>	MAY 14	1:00 PM - 3:00 PM	
<a href="#">JOB SEARCH VIA THE INTERNET</a>	MAY 21	8:30 AM - 9:30 AM	
<a href="#">RESUME WRITING</a>	MAY 7	8:30 AM - 10:30 AM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
<a href="#">CAR BUYING STRATEGIES</a>	MAY 29	9:00 AM - 11:00 AM	
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	MAY 2	9:30 AM - 11:00 AM	
<a href="#">FEDERAL SURPLUS FOOD DISTRIBUTION</a>	MAY 8	9:00 AM - 3:00 PM	
<a href="#">LIFE INSURANCE BASICS</a>	MAY 13	1:00 PM - 3:00 PM	
<a href="#">LIFE INSURANCE BASICS</a>	MAY 30	9:00 AM - 11:00 AM	NCTAMS PAC
<a href="#">MANAGING MONEY AND CREDIT</a>	MAY 8	9:30 AM - 11:00 AM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	MAY 20-21	8:00 AM - 4:00 PM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	MAY 23-24	8:00 AM - 4:00 PM	NCTAMS PAC
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	MAY 28	1:00 PM - 3:00 PM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	MAY 1	9:30 AM - 10:30 AM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	MAY 1	1:30 PM - 2:30 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
<a href="#">GREAT SPOUSES ACADEMY</a>	MAY 23	8:30 AM - 2:00 PM	
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
<a href="#">OMBUDSMAN BASIC TRAINING (I-VI)</a>	MAY 20-23, 28, 30	5:00 PM - 9:00 PM	
<a href="#">COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING</a>	MAY 16	6:30 PM - 8:30 PM	LOCKWOOD HALL
<a href="#">COMPATRECONFORPAC OMBUDSMAN ASSEMBLY MEETING</a>	MAY 29	6:30 PM - 8:00 PM	JOHN FINNE BLDG



COMSUBPAC OMBUDSMAN ASSEMBLY MEETING

MAY 14

6:00 PM - 8:00 PM

LOCKWOOD HALL

PARENTING CLASSES	DATE	TIME	*LOCATION
<u>DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 6-10)</u>	MAY 9	8:00 AM - 10:30 AM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR ADOLESCENTS/TEENS (AGES 11-17)</u>	MAY 22	1:00 PM - 3:00 PM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR SCHOOL AGE CHILDREN (AGES 6-10)</u>	MAY 7	9:00 AM - 11:00 AM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR YOUNG CHILDREN (AGES 0-5)</u>	MAY 14	9:00 AM - 11:00 AM	
<u>PARENT SUPPORT GROUP</u>	MAY 21	11:00 AM - 1:00 PM	
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
<u>ADULTS MOLESTED AS CHILDREN</u>	MAY 14, 21, 28	1:00 PM - 3:00 PM	
<u>ADULTS MOLESTED AS CHILDREN</u>	MAY 2, 9	5:30 PM - 7:30 PM	
<u>ANGER MANAGEMENT</u>	MAY 29	5:00 PM - 7:30 PM	
<u>MARS AND VENUS COMMUNICATING</u>	MAY 7	5:00 PM - 7:30 PM	
<u>NEW DIRECTIONS SUPPORT GROUP</u>	MAY 2, 9, 16, 23, 30	3:00 PM - 4:45 PM	
<u>PARTNERS IN HEALING</u>	MAY 16	5:15 PM - 7:15 PM	
<u>SKILLS FOR MANAGING STRESS AND ANGER</u>	MAY 21	8:00 AM - 10:30 AM	NCTAMS PAC
<u>SKILLS FOR MANAGING STRESS AND ANGER</u>	MAY 22	5:00 PM - 7:00 PM	
<u>STRESS MANAGEMENT</u>	MAY 15	5:00 PM - 7:30 PM	
<u>UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</u>	MAY 2	1:00 PM - 3:30 PM	
<u>UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</u>	MAY 7	8:00 AM - 11:00 AM	NCTAMS PAC
RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<u>ALOHA TOUR</u>	MAY 30	8:00 AM - 3:30 PM	
<u>CHINATOWN WALKING TOUR</u>	MAY 9	9:00 AM - 1:00 PM	
<u>SMART MOVE</u>	MAY 16	8:00 AM - 11:30 AM	
<u>SPONSOR COORDINATOR TRAINING</u>	MAY 2	8:30 AM - 10:30 AM	
<u>SPONSOR TRAINING</u>	MAY 23	8:30 AM - 10:30 AM	
<u>WELCOME TO HAWAII</u>	MAY 29	9:00 AM - 11:00 AM	
SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
<u>SAVI VICTIM ADVOCATE INITIAL TRAINING (I-IV)</u>	MAY 21-24	8:00 AM - 4:00 PM	
<u>SAVI VICTIM ADVOCATE REFRESHER TRAINING</u>	MAY 14	12:45 PM - 2:45 PM	
<u>SAVI VWAP COORDINATION COMMITTEE MEETING</u>	MAY 6	1:30 PM - 3:30 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<u>CONSEP MID-CAREER WORKSHOP (I-IV)</u>	APR 30 - MAY 3	8:00 AM - 4:00 PM	
<u>EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-II)</u>	MAY 8-9	8:00 AM - 4:00 PM	
<u>PRE-RETIREMENT COUNSELING CHECKLIST (DD FORM 2648)</u>	MAY 7	8:00 AM - 4:00 PM	
<u>PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</u>	MAY 14, 21, 28	8:00 AM - 4:00 PM	
<u>SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-II)</u>	MAY 15-16	8:00 AM - 4:00 PM	

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**MAY 2002**

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**All classes are located at the  
Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.**

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U.S. Department Of Transportation  
United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

Mailing Label

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The Joint Employment Management System (JEMS), Marine Corps  
Base Hawai'i & MCCS Family Member Employment Assistance  
program present the

The Job Fair will be open to  
spouses and family  
members of active duty,  
active duty members,  
retired, reserve and DoD  
civilian employees island  
wide.

6<sup>th</sup> Annual MCBH Job Fair  
May 24, 2002  
9:00am – Noon  
at the Enlisted Club, MCBH

For more information, contact the MCCS Family Member  
Employment Assistance Program at 257-7790.

Due to the professional nature of this Job Fair, children will not be admitted.

## *FBI RECRUITMENT*

- Are you interested in a career as a Special Agent?  
Learn about the requirements by attending a  
career seminar.
- 20 MAY 2002  
Work-Life Center  
1000-1200
- Call Shirley Caban, Transition & Relocation  
Programs Manager, at 541-1580 to reserve a  
seat.



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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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**April 2002**

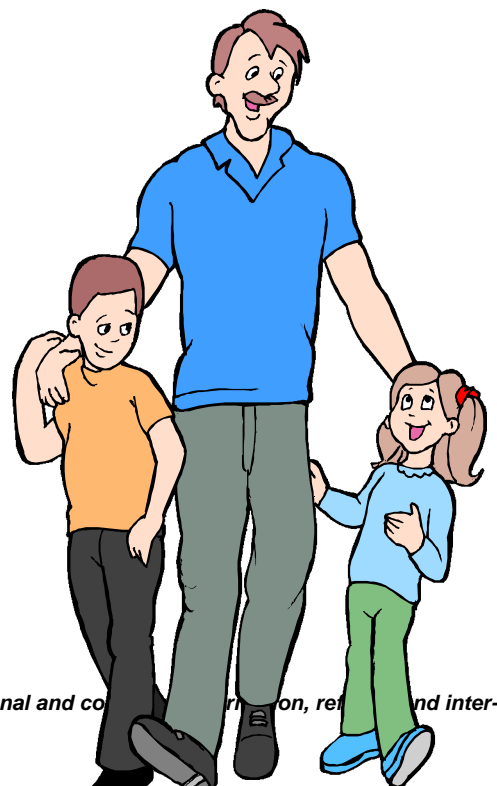
**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 4**

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## APRIL IS THE MONTH OF THE MILITARY CHILD & CHILD ABUSE PREVENTION MONTH

It's a time to appreciate how special children are, and to reflect on how you can make the community safer for children. There aren't many "perfect parents," but there is a community and a Work-Life Center that cares about helping you with the challenges of parenting. If you have questions about your child's behavior or would like information about parenting or parenting classes, call your Family Ad-



Mission Statement: **Work-Life Programs enhance mission readiness through personal and community support, information, referral, and intervention for Team Coast Guard.**

vocacy Specialists, Owen Norton at 541-1582 or Mary Mansfield, at 541-1584.



Mission Statement: ***Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.***

# Perfect Parents???

By  
Owen M. Norton, MSW, LSW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

I was at a recent conference and had the opportunity to listen to James Gabarino, PhD. An expert on child abuse, he has written several books on the subject. Dr. Gabarino defines child abuse as an act of omission or commission by a parent or legal guardian that is considered, by a mixture of community values and professional expertise, to be inappropriate or damaging. It should be pointed out that as a community, our standards of minimum care are constantly being negotiated over time as we learn new information. In the 1950's, if a child was not in a seat belt and died in an auto crash, we would not consider it neglectful. We did not know then how important seat belts were to preventing injuries. We now know that two thirds of fatalities and most serious injuries can be prevented by the use of restraint devices. Today, as a community, we would consider a parent neglectful if they did not buckle a child into a safety restraint in a car, and the child was injured in a car crash.

Dr. Gabarino asked the audience to raise their hands if they were parents. He then asked for those who had their hands up to keep them there if they were perfect parents. The parents quickly dropped their hands in unison. (My own hand dropped down in a flash.) There are no perfect parents. He commented that his mother, and a man in the back of the audience, were the only ones who claimed to be perfect parents.

A recent survey was done on parenting. One of every five parents surveyed reported that they have a difficult child that makes life at home "less than easy." Being a parent is no easy job. At one end of the spectrum, there may be perfect, ideal parents; at the other end of the spectrum, there are parents who obviously violate minimum accepted standards of care. These are the parents that the community deems either neglectful or abusive. In between, there are parents who use unwise child rearing methods. For example, they try to control their child through indulgence, and use other methods that set them up for later problems in the raising of their child. The vast majority of parents fall within the area of being adequate, loving parents, who are doing the best they can.

I recently heard of a family who had their young child disappear in the housing area for an hour or two. In a flash, twelve families were out helping to find the child. I thought it was an impressive display of the CG

community demonstrating how we care about our children. I recall two women in a housing area pushing a baby in a stroller, and the baby was crying loudly as I was walking by them. The two women didn't seem to be distressed at the crying, and were actually laughing a bit. I remarked that they seemed to be in a good mood considering that the baby was crying. One of the women laughing said, "We're laughing because it is not our baby, but we are giving the mom a break." What another great example of the good things that friends and the community do to help each other. Know that you make a difference in the lives of friends and your community by offering support and demonstrating that you care about the welfare of our children.



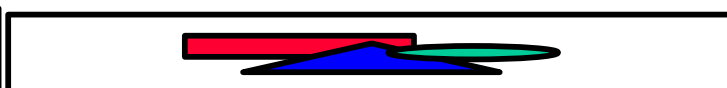
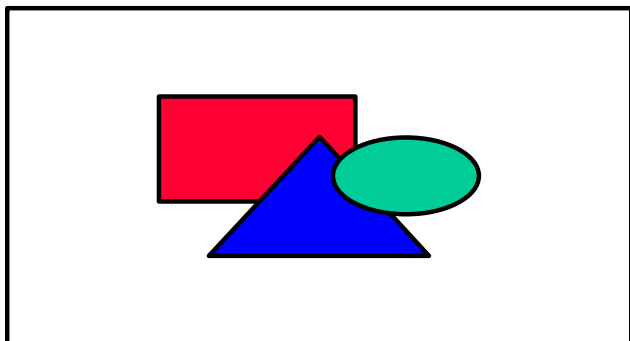
## NATIONAL MILITARY FAMILY ASSOCIATION (NMFA) ANNOUNCES THE 2002 VERY IMPORTANT PATRIOT (VIP) PROGRAM

The Very Important Patriot (VIP) Program is entering its eighth year! This program is designed to recognize volunteers worldwide for their service to their military and/or neighboring communities. Through the continued support of the Defense Commissary Agency (DeCA) and generous sponsors NMFA is able to honor five Very Important Patriots, five Award of Honor recipients, and five Award of Merit recipients. This year's sponsors are Kellogg Company, Minute Maid Company, The Clorox Company, H.J. Heinz, The Keebler Company, and Tyson Foods, Inc.

Each of the Very Important Patriots and a companion will be flown to Washington DC to receive a \$1000 cash award, meet with senior leadership of their individual services, visit their elected officials on Capitol Hill, attend the NMFA Annual Meeting, and meet the VIP program sponsors. The Award of Honor and Award of Merit recipients will each receive a cash award. Each nominee will also receive a one-year membership to the National Military Family Association.

Nominations will be accepted *online only* at [www.nmfa.org](http://www.nmfa.org). Each installation will be allowed and encouraged to nominate six candidates. These nominations must come through the Coast Guard Work-Life Center. In addition, all donating spouse clubs will be encouraged to nominate one candidate each.

Information about this year's program is available at [www.nmfa.org](http://www.nmfa.org), including examples of winning narratives and a Fact Sheet about the program. If you have any questions, please contact Wanda Allen-Yearout at [Wallen-Yearout@D14.uscg.mil](mailto:Wallen-Yearout@D14.uscg.mil), or Donna Clodfelter, at [vip@nmfa.org](mailto:vip@nmfa.org).



## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

NCTAMS PAC Satellite Office  
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# APRIL 2002 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">FEDERAL EMPLOYMENT</a>	APR 23	1:00 PM - 3:00 PM	
<a href="#">INTERVIEWING SKILLS</a>	APR 9	8:30 AM - 10:30 AM	
<a href="#">JOB SEARCH VIA THE INTERNET</a>	APR 16	8:30 AM - 9:30 AM	
<a href="#">RESUME WRITING</a>	APR 2	1:00 PM -3:00 PM	
<a href="#">RESUME WRITING</a>	APR 10	8:30 AM - 10:30 AM	NCTAMS PAC
<a href="#">UNDERSTANDING PERSONALITY TYPES IN CAREERS</a>	APR 18	8:30 AM - 11:30 AM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
<a href="#">CAR BUYING STRATEGIES</a>	APR 18	9:00 am - 11:00 am	NCTAMS PAC
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	APR 11	1:00 PM - 2:30 PM	
<a href="#">COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)</a>	APR 1-5	7:30 AM - 4:00 PM	
<a href="#">MANAGING MONEY AND CREDIT</a>	APR 17	9:30 AM - 11:00 AM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	APR 22-23	8:00 AM - 4:00 PM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	APR 25-26	8:00 AM - 4:00 PM	NCTAMS PAC
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	APR 9	5:00 PM - 7:00 PM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	APR 16	9:30 AM - 10:30 AM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	APR 18	9:30 AM - 10:30 AM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	APR 30	1:30 PM - 2:30 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
<a href="#">FOOD STAMPS APPLICATION BRIEF</a>	APR 11	9:00 AM - 10:30 AM	
<a href="#">FFSC DAY AT THE PEARL HARBOR NAVY COMMISSARY</a>	APR 18	10:00 AM - 11:30 AM	PH NAVY COMMISSARY
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
<a href="#">OMBUDSMAN QUARTERLY ADVANCED TRAINING</a>	APR 2	6:00 PM - 8:30 PM	



[COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING](#)

[COMPATRECONFOPAC OMBUDSMAN ASSEMBLY MEETING](#)

[COMSUBPAC OMBUDSMAN ASSEMBLY MEETING](#)

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#### **PARENTING CLASSES**

[ANGER, TEMPER TRANTUMS AND SIBLING RIVALRY](#)

[BROWN BAG VIDEO: "NEW FATHERS, NEW LIVES"](#)

[BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN \(AGES 0-5\)](#)

[DISCIPLINE AND YOUR SCHOOL AGE CHILD \(AGES 6-10\)](#)

[FAMILY NIGHT AT PEARL HARBOR KAI ELEMENTARY SCHOOL](#)

[HITTING, SHAKING, SPANKING: WHAT TO DO INSTEAD](#)

[KNOW WHAT YOU WANT, SAY WHAT YOU WANT, GET WHAT YOU WANT](#)

[LOVING DISCIPLINE OF YOUNG CHILDREN \(AGES 0-5\)](#)

[PARENT SUPPORT GROUP](#)

[PARENTING POWER](#)

[PARENTS AND THOSE WONDERFUL TEENS!](#)

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#### **PERSONAL DEVELOPMENT CLASSES**

[ADULTS MOLESTED AS CHILDREN](#)

[ADULTS MOLESTED AS CHILDREN](#)

[ANGER MANAGEMENT](#)

[ASSERTIVENESS AND ANGER MANAGEMENT](#)

[FAP SEMINAR FOR COMMAND LEADERSHIP](#)

[FIGHTING FOR YOUR MARRIAGE \(I-IV\)](#)

[FORGIVENESS IS AN OPTION](#)

[NEW DIRECTIONS SUPPORT GROUP](#)

[SKILLS FOR MANAGING STRESS AND ANGER](#)

[STRESS MANAGEMENT](#)

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#### **RELOCATION ASSISTANCE CLASSES**

[ALOHA TOUR](#)

[CHINATOWN WALKING TOUR](#)

[HOME BUYING SKILLS WORKSHOP](#)

[SMART MOVE](#)

[SPONSOR TRAINING](#)

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#### **SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS**

[SAVI COMMAND REPRESENTATIVE TRAINING \(I-III\)](#)

[SAVI VICTIM ADVOCATE REFRESHER TRAINING](#)

APR 18	6:30 PM - 8:30 PM	LOCKWOOD HALL
APR 24	6:30 PM - 8:00 PM	JOHN FINNE BLDG
APR 16	6:00 PM - 8:00 PM	LOCKWOOD HALL

DATE	TIME	*LOCATION
APR 2	9:00 AM - 11:00 AM	
APR 10	11:00 AM - 1:00 PM	
APR 11	8:00 AM - 10:30 AM	NCTAMS PAC
APR 8	8:00 AM - 10:00 AM	
APR 17	6:00 PM - 8:30 PM	PH KAI ELEMENTARY
APR 24	5:00 PM - 7:00 PM	
APR 10	5:30 PM - 7:00 PM	
APR 16	9:00 AM - 11:00 AM	
APR 23	11:00 AM - 1:00 PM	
APR 3	5:30 PM - 7:00	
APR 4	1:00 PM - 3:00 PM	

DATE	TIME	*LOCATION
APR 2, 9, 16, 23, 30	1:00 PM - 3:00 PM	
APR 4, 11, 18, 25	5:30 PM - 7:30 PM	
APR 24	8:00 AM - 11:00 AM	
APR 17	8:00 AM - 10:00 AM	
APR 17	7:30 AM - 3:00 PM	
APR 4, 11, 18, 25	5:00 PM - 7:30 PM	
APR 2	8:00 AM - 11:00 AM	NCTAMS PAC
APR 4, 11, 18, 25	3:00 PM - 4:45 PM	
APR 16	8:00 AM - 10:30 AM	NCTAMS PAC
APR 10	8:00 AM - 11:00 AM	

DATE	TIME	*LOCATION
APR 25	8:00 AM - 3:30 PM	
APR 11	9:00 AM - 1:00 PM	
APR 25	5:00 PM - 7:00 PM	
APR 18	8:00 AM - 11:30 AM	
APR 4	8:30 AM - 10:30 AM	

DATE	TIME	*LOCATION
APR 23-25	8:00 AM - 4:00 PM	
APR 9	12:45 PM - 2:45 PM	

TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">COMPANY RECRUITMENT: FEDERAL BUREAU OF INVESTIGATION (FBI)</a>	APR 19	10:30 AM - 12:30 PM	
<a href="#">CONSEP MID-CAREER WORKSHOP (I-IV)</a>	APR 30 - MAY 3	8:00 AM - 4:00 PM	
<a href="#">EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-II)</a>	APR 3-4	8:00 AM - 4:00 PM	
<a href="#">PRE-RETIREMENT COUNSELING CHECKLIST (DD FORM 2648)</a>	APR 2	8:00 AM - 4:00 PM	
<a href="#">PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</a>	APR 9, 16, 23, 30	8:00 AM - 4:00 PM	
<a href="#">SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-II)</a>	APR 10-11 APR 24-25	8:00 AM - 4:00 PM	

## APRIL 2002

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All classes are located at the  
Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.

[Directions to Pearl Harbor FFSC](#)

[Directions to NCTAMS PAC FFSC Satellite Office](#)

[CLICK HERE  
FOR  
FULL PAGE  
OF CLASS  
DESCRIPTIONS](#)

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

At a recent Institute for Global Ethics facilitator training I attended, the participants were asked to explain why they believe it is important to be an ethical person. One participant shared a scenario about two engineers working at a nuclear power plant. He told how the engineers decided to conduct an unauthorized experiment: they wanted to see how long the turbine would free wheel without power. To conduct the experiment they padlocked in the open position, not one or two, but six different valves. Moreover, they ignored all warnings that appeared on the computer screen throughout the experiment's stages. When they finally realized the danger of their actions it was too late: the reactor exploded.

"Impossible! Such a thing could never happen," we say. Well, the tragic truth is that it did happen. This is what caused Reactor Number Four's explosion at the Soviet Union's Chernobyl nuclear power plant on April 26, 1986—resulting in the senseless deaths of thousands, and affecting the region still today and for many years to come.

Rushworth Kidder, founder of the Institute for Global Ethics and author of the book *How Good People Make Tough Choices*, rightly points out the real failure at Chernobyl was not the two engineers' intelligence, but rather the absence of morally sound ethics on their part. Simply stated, they failed to acknowledge and hold unwaveringly to time honored values, principles, and morals. Or, to say it another way, they were not "ethically fit."

Admittedly, few of us are entrusted with something so potentially destructive as a nuclear power plant, but nevertheless our decisions, whether small or great, affect our relationships with God, self, and others. It is essential, therefore, we possess quality values, have a process through which we filter our decisions, and

navigate life's ethical temptations and dilemmas in a principle-centered manner.

No one is saying it is easy, for ethical fitness, like physical fitness, requires daily focus, discipline, and hard work. The rewards, though, are worth it: integrity, trust, and respect.

## Religious Faith and USCG History Calendar:

01 Apr 1945	Invasion of Okinawa, Ryuku Islands
01 Apr 1967	Coast Guard joins Department of Transportation
02 Apr 1982	HU-25A Guardian joins the USCG air fleet
03-04 Apr 2002	Last two days of Pesach (Jewish)
06 Apr 1917	WW I declared on Germany, so USCG made part of the U. S. Navy
08 Apr 1913	USRC SENECA inaugurates participation in the International Ice Patrol
09 Apr 2002	Yom HaShoah (Jewish)
10 Apr 1941	President Roosevelt transfers ten cutters to England, to protect its coasts during WW II
11 Apr 1862	USRC E. A. STEVENS fires on the Confederate ironclad C. S. S. VIRGINIA
12 Apr 1843	CAPT Alexander V. Fraser appointed as first Commandant of the Revenue Cutter Service
12 Apr 1861	USRC HARRIET LANE fires first shot from a naval vessel in the Civil War
12 Apr 1900	Lighthouse Service extended to Puerto Rico
12 Apr 1979	LTJG Beverly Kelly becomes first woman to command a U. S. warship
14 Apr 1912	RMS TITANIC sinks: International Ice Patrol started as a result
17 Apr 1851	The Minots Ledge Lighthouse, first one in U. S. to be exposed to ocean's full force, is lost during a violent storm
22 Apr 1944	Aitape and Hollandia, Dutch New Guinea invasions
26 Apr 1898	USRCs MORRILL, HUDSON, and HAMILTON join the Cuban blockading fleet
27 Apr 2002	Lazarus Saturday (Orthodox Christian)
28 Apr 2001	USS RODNEY M. DAVIS and USCGC ACTIVE make largest cocaine seizure in maritime history
28 Apr –	
05 May 2002	Holy Week (Orthodox Christian)
30 Apr 2002	St. James the Great Day (Orthodox Christian)

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>

# FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)

**COLLEGE FUNDING, Apr 17, 2:00-3:30 pm.** College costs have increased dramatically and will certainly rise in the future. At the same time, the competition for scholarships and financial aid has become more intense. Have you made a financial plan and taken the necessary steps to ensure you'll have the money to pay for your children's college education? Learn about sound strategies for keeping your child's education within reach.

**CONFLICT RESOLUTION, Apr 3, 9:00-11:00 am.** Join us to learn how to keep your head, cool, and control; and resolve conflict positively. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Apr 9, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**FAMILY READINESS BRIEFING, Apr 1, 8, 15, 22, & 29, 1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**HOME BUYING 101, Apr 24, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**INTERVIEWING WITH CONFIDENCE, Apr 23, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**KINDERGARTEN READINESS, Apr 2, 6:30-8:00 pm (Pearl Harbor Elementary School); Apr 4, 8:30-9:30 am (Nimitz Elementary School).** The first day of kindergarten is a milestone in your child's life. How can parents discern if their child is ready? What can they do to ease the transition for the whole family? Come discuss these questions and any other concerns with your school staff and Cassie Kepler, the Family Support Center's Life Skills Specialist. This event is co-sponsored by Aliamanu, Makalapa, Pearl Harbor, and Nimitz Elementary Schools.

**LOOKING FOR EMPLOYMENT IN HAWAII, Apr 16 & 30, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Apr 3, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NATIONWIDE SPECIAL AGENT RECRUITMENT – FBI, Apr 30, 12:00-1:30 pm.** An FBI special agent, Mr. Kal Wong, will provide you with information on their 2002 recruitment for special agents nationwide. Requirements: Must have a 4-year college degree from an accredited institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

**NEW TO HAWAII FINANCIAL BRIEFING, Apr 10, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This

financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Apr 2-30, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held on Apr 12.

**RESUME WRITING I, Apr 18, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Apr 25, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

**SMOOTH MOVE, Apr 25, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Apr 4, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Apr 9-11, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Apr 4 & 18, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Apr 10, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Apr 17, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

# Herb and Drug Interactions

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

There has been a rising popularity of supplement use in the Coast Guard. Coast Guard health promotion and medical professionals are concerned with the increased use of “sports and fitness” supplements sometimes referred to as ergogenic aids, among Coast Guard members. While some of the claims have a measure of truth and supporting evidence, significant health and safety concerns exist for individuals using these supplements.

The “supplement industry” boom draws in 12 billion dollars each year. Manufacturers make broad statements in their ads and on their packages without the proof of safety and efficacy required for drug products. Natural herbal supplements aren’t harmless, and can contain active ingredients that may interact with prescription or over-the-counter drugs. To protect yourself from harmful interactions, inform your doctor about any herbal supplements you take. Don’t use any supplements without first discussing them with a doctor if you’re pregnant or nursing.

## **Feverfew, Garlic, Ginger, Ginkgo**

Avoid mixing with:

- Aspirin
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Warfarin (Coumadin) an anticoagulant

## **St. John’s Wort**

Avoid mixing with:

- Antidepressants (Zyban or Welbutrin)
- Indinavir sulfate (Crixivan), a protease inhibitor used to treat the human immunodeficiency virus (HIV)
- Digoxin (Lanoxicaps, Lanoxin) a steroid that affects the heart
- Theophylline (Slo-bid, Theo-Dur) an asthma medication
- Cyclosporin (Neoral, Sandimmune, SangCya) an immunosuppressant

## **Ephedra**

Avoid mixing with:

- Caffeine
- Decongestants
- Stimulants
- Heart drugs
- Antidepressants (Zyban or Welbutrin)

## **Ginseng**

Avoid mixing with:

- Warfarin (Coumadin)
- Penicillin sulfate (Nordic) an antidepressant
- Digoxin (Lanoxicaps, Lanoxin) a steroid that affects the heart

## **Kava Kava**

Avoid mixing with:

- Sedatives
- Sleeping pills
- Antipsychotics
- Alcohol
- Drugs used to treat anxiety or Parkinson’s disease

## **Echinacea**

Avoid mixing with:

- Anabolic steroids
- Amiodarone (Cordarone, Pacerone) used to treat arrhythmias
- Methotrexate, used to treat rheumatoid arthritis
- Ketoconazole (Nizoral) an antifungal drug
- Cyclosporin (Neoral, Sandimmune, SangCya) an immunosuppressant

For additional answers to other questions, consult your regional health promotion manager or ask your primary care physician. Remember... there is no magic formula to living a long, healthy life... other than eating a well-balanced meal, exercising regularly, and obtaining adequate rest for proper fuel supply to the body and mind.

*Primary Source: Office of Dietary Supplements, National Institutes of Health National Center for Complementary and Alternative Medicine.*



## **DEERS/RAPIDS UNAVAILABILITY**

### **AT ISC HONOLULU**

**YNC Daniel Olson, Customer Service Branch Chief**

ISC Honolulu’s Customer Service Desk will be unavailable for routine business on 18, 19, and 22 April 2002. We will not have the capability to issue any I.D. Cards until 23 April. Please check the expiration date on family members’ I.D. cards. I.D. cards due to expire on those dates should be renewed in advance at ISC Honolulu’s Customer Service Desk. In the event of a lost, destroyed, or expired card, contact your sponsor’s command for assistance. They have been instructed on the procedures to follow. Your attention and patience in this matter is greatly appreciated by the Customer Service Branch.



## HOUSING CORNER

### APRIL 2002

#### **FILING A CLAIM FOR DAMAGES TO PERSONAL PROPERTY**

Residents are encouraged to obtain Renters Insurance while living in government owned housing. Should you experience damage to your personal belongs, you will be required to file a claim through your insurance company prior to placing a damage claim with the government.

The following is provided to help initiate your damage claim:

- Complete forms CG4111 and CG4112. Forms are available on Jet Forms on SWIII or at the Housing Office.
- Providing full documentation, to include pictures, is recommended.
- If damage is less than \$200.00, one estimate is required; if it exceeds \$200.00, two estimates are required.
- Submit all documentation and completed forms to the Housing Office.
- The Housing Office will conduct an inspection of all damages and then submit the claim for processing through MLCLANT.
- Claim payments, if approved, should be expected in approximately 6-8 weeks

For further information and assistance, please call the Housing Office at 831-2766.

#### **PET CONTROL**



As a reminder:

Cats are required to be controlled under the same regulations and requirements as dogs, per the Housing Handbook. All pets are to be confined, unless controlled by a leash, to the unit and/or yard assigned and shall not be permitted to run at large. If you are unable to take your cat with you when you depart PSC, PLEASE DO NOT release your cat in the housing area. The Hawaiian Humane Society, located at 2700 Waialae Avenue, Honolulu, will gladly accept your cat(s). If you are experiencing problems with stray cats within your neighborhood, the KKH Self-Help Store has cat traps available for loan. Once the cat has been trapped, you are able to call the Fort Shafter MP Office at 438-7114 and they will pick up the stray cat for transport to the Human Society. Please be aware that animal stray pickups are not considered a priority, so the Fort Shafter Police may be not be able to provide an immediate response. Therefore, residents are encouraged to transport the stray cat to the Hawaiian Humane Society. Please contact the Human Society at 946-2187, for directions and hours of operations or visit their website at [www.hawaiihumane.org/index.html](http://www.hawaiihumane.org/index.html). For further information and assistance, please call the Housing Office at 831-2766.



#### **CHILD SUPERVISION**



One of the most important objectives of the Coast Guard Housing program is to provide a safe environment for KKH residents and, most especially, for the children. Please review Section 2.06 CHILD SUPERVISION of the Housing Handbook to understand supervising your children while you live in housing. Please monitor children while they are playing, particularly when it comes to skate boards, roller blades, bikes and the popular "Razors" aluminum scooters. The Housing Handbook requires "all bicycle, roller-blades and skateboarders to wear, at all times, helmets and other protective equipment." We have extended the wearing of protective equipment to be used when children are riding aluminum scooters to ensure safe riding and help reduce the risk of injury. Should you have any questions or concerns, please contact the Housing Office at 831-2766.







## WALK A MILE IN MY SHOES

In observance of Child Abuse Prevention Month, Pearl Harbor Fleet and Family Support Center (FFSC) in partnership with Prevent Child Abuse Hawaii, is collecting new, used, or outgrown shoes, sandals and boots (good condition adults and children sizes). The shoes will be on display at the State Capitol to depict the number of abused and neglected children in Hawaii over the past several years. After the shoes have been displayed, they will be given to the family abuse shelters, homeless shelters, and community-clearing house, foster homes, and other agencies serving needy and abused children throughout Oahu (all military personnel and their families included). If you would like to participate, bring the shoes to FFSC, Bldg 193, by 2 Apr, or to the State Capitol, if you prefer, on 3 Apr, 0900-1200. For more info, contact Chet Adessa at 473-4222, ext 272, E-MAIL <ADESSACJ(AT)PEARLHARBOR.NAVY.MIL>.

## ASYMCA'S FOOD FOR FAMILIES



If someone is experiencing financial trouble and realizes they don't have enough money to buy the basic food items to survive, there is a resource that can help alleviate the immediacy of the problem. The Armed Services YMCA has food banks at three of our Family Outreach Centers – Marine Corps Base Hawai'i in Kaneohe, Wheeler Army Air Field, and Barbers Point Community Center.

In November 2000, the Hawai'i Data Survey revealed that 31% of the military population in the Wheeler/Schofield, Barbers Point, and Kaneohe areas had difficulty providing enough food to meet their family's needs. At this time we researched the programs available to military families and conducted an informal survey to hear firsthand about this problem. What we found were stories of families living for weeks on rice alone, using old t-shirts as diapers, and struggling desperately to make ends meet. This quickly convinced the ASYMCA to take action and look for ways to improve the situation for military families.

We were able to secure a grant through the Hawai'i Food Bank and worked with the commands, Army Community Services, Navy/Marine Corps Relief Society, the military chaplains, etc. to implement the program. Most of our participants were referred to us through the above agencies. In 2001, we were able to purchase and distribute more than 1,600 tons of frozen meat, dairy products, canned goods, cereal, packaged foods, diapers, and toiletries to military families.

To participate in this free program, you just have to show a Leave and Earnings statement as proof of financial need. Such information is kept strictly confidential. The length of time that a family can stay on the program depends on the scope of their need and the time it will take to get them to become financially sound.

We first try to meet the family's immediate need by providing food. We continue to work with them by offering classes on budgeting and nutritious meal planning through the University of Hawai'i Expanded Food and Nutrition Education program. These voluntary classes help participants improve their financial and food planning skills.

I encourage senior personnel to use the ASYMCA as a resource for your people in need. If anyone has problems feeding their family, we can certainly help.

If you have questions about this program, please contact David Gomez at 473-1427.



## EARNED INCOME TAX CREDIT

The following information regarding the Earned Income Tax Credit was sent from the Children's Defense Fund. This information can be helpful to low-income families.

The 2002 Earned Income Tax Credit Outreach Kit is now available from the Center on Budget and Policy Priorities. The tax cut legislation Congress passed last year will increase the amount of tax credits available to working families. Some families can receive up to \$4,008 through the Earned Income Credit. In addition, the Child Tax Credit has been expanded to assist more families, and it is now refundable for families who owe no income tax. This Outreach Kit can help individuals navigate the tax filing system. It is available online at <http://www.cbpp.org/eic2002/index.html>.

R 262045Z OCT 01 ZYB  
FM COMDT COGARD WASHINGTON DC//G-WT//  
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BT  
UNCLAS //N05351//  
ALCOAST 490/01  
COMDTNOTE 5351

SUBJ: MENTORING PROGRAM

A. COMDT LTR OF 12 OCT 01 TO ALL UNIT COMMANDERS, COMMANDING OFFICERS, AND OFFICERS-IN-CHARGE

1. I AM PLEASED TO ANNOUNCE THE RELAUNCH OF THE ONE DOT MENTORING PROGRAM, A KEY PART OF OUR COAST GUARD MENTORING PROGRAM, ON THE WEB AT [HTTP://MENTOR.DOT.GOV/](http://MENTOR.DOT.GOV/). THE COMPUTER CODING HAS BEEN REWRITTEN TO CORRECT BUGS AND MAKE IMPROVEMENTS TO THE PROGRAM.

2. THE ONE DOT MENTORING PROGRAM IS A DATABASE WHERE PEOPLE CAN SIGN UP TO BE MENTORS AND PEOPLE CAN SEARCH FOR MENTORS. THIS DATABASE IS AN ADDITIONAL MEANS OF FINDING A MENTOR FOR PEOPLE WHO CANNOT FIND ONE IN THEIR WORKPLACE. MOST LIKELY, THESE MENTORING PARTNERSHIPS WILL TAKE PLACE OVER TELEPHONE AND E-MAIL.

3. MENTORING IS A CAREER DEVELOPMENT PARTNERSHIP BETWEEN TWO PEOPLE. A MENTOR HELPS THE MENTEE CLARIFY AND ACHIEVE GOALS BY SHARING INSIGHTS AND KNOWLEDGE THEY HAVE GAINED THROUGH EXPERIENCE.

4. MENTORING IS A POWERFUL LEADERSHIP TOOL THAT CAN HELP IMPROVE RETENTION AND REDUCE THE RATE OF FIRST TERM ATTRITION, TWO CHALLENGES THE COMMANDANT TASKED US ALL WITH IN REF A.

5. WHILE ALL GOOD SUPERVISORS MENTOR THEIR PERSONNEL TO SOME EXTENT, IT IS RECOMMENDED THAT PEOPLE HAVE MENTORS OUTSIDE THEIR CHAINS OF COMMAND, AS WELL, FOR SEVERAL REASONS: TIME CONSTRAINTS ON SUPERVISORS, THE FREEDOM FOR THE MENTEE TO DISCUSS THINGS THAT COULD AFFECT THEIR EVALUATION, AND SITUATIONS WHERE THE SUPERVISOR IS NOT AN EXPERT IN THE SUBJECT MATTER THE MENTEE IS INTERESTED IN.

6. TO SIGN UP AS A MENTOR OR CHANGE YOUR EXISTING MENTOR PROFILE, GO TO THE WEB SITE, [HTTP://MENTOR.DOT.GOV/](http://MENTOR.DOT.GOV/).

7. FOR EXTENSIVE INFORMATION ABOUT THE REST OF THE COAST GUARD MENTORING PROGRAM, GO TO [WWW.USCG.MIL/LEADERSHIP.HTM](http://WWW.USCG.MIL/LEADERSHIP.HTM) AND CLICK ON "MENTORING."

8. COAST GUARD PEOPLE HAVE ALWAYS MENTORED OTHERS. PLEASE CONSIDER SIGNING UP AS A MENTOR AND CONTINUE THE TRADITION OF HELPING OUR OWN.

9. FOR THOSE LOOKING FOR A MENTOR, THERE ARE NEARLY 200 CG MEMBERS (ACTIVE, RESERVE, CIVILIAN, AND AUXILIARY) WHO HAVE ALREADY VOLUNTEERED TO MENTOR AND ARE EAGER TO BE CONTACTED TO FORM A PARTNERSHIP. WE ENCOURAGE YOU TO TAKE THAT FIRST STEP TO MATCH WITH A VOLUNTEER MENTOR ALREADY ON THE SITE. ESPECIALLY IN THIS DIFFICULT TIME, IT CAN BE VALUABLE TO HAVE A MENTORING PARTNER TO TALK ABOUT ISSUES IN OUR QUICKLY CHANGING WORKPLACE.

10. MY POC IS KATHLEEN WILSON, E-MAIL [KWILSON\(AT\)COMDT.USCG.MIL](mailto:KWILSON(AT)COMDT.USCG.MIL), TEL 202-267-0010.

11. INTERNET RELEASE AUTHORIZED.

12. RADM R. DENNIS SIROIS, DIRECTOR OF RESERVE AND TRAINING, SENDS.

BT  
NNNN



U.S. Department Of Transportation  
United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

**Register TODAY to participate in a PREP® ONE DAY WORKSHOP for Engaged or Married Couples. The workshop focuses on Communication, Conflict Resolution, and Commitment. For more information, or to register, please call Owen Norton @ 541-1584, or Chaplain McKay @ 541-2076. (This service is provided to you entirely *free of charge*.)**

**27 APR 02**

**0830-1500**

**RED HILL COMMUNITY CENTER**

**Session One:**

**0830-0920**

Welcome & Introductions \* Research & Real Life \* Relationship Dynamic Scale  
Where Are You At In Your Marriage? \* Danger Signs

**Break**

**0920-0930**

**Session Two:**

**0930-1020**

Differences in How Men and Women Handle Conflict \* The Time Out Ground Rule \* Filters

**Break**

**1020-1030**

**Session Three:**

**1030-1120**

Safety, Structure, and Communication \* Speaker/Listener Technique Guidelines

**Lunch**

**1120-1215**

**Session Four:**

**1215-1305**

Working Through Hidden Issues to Promote Intimacy \* Problem Solving Made Easy

**Break**

**1305-1315**

**Session Five:**

Ground Rules for Fighting and Loving

**1315-1405**

**Break**

**1405-1415**

**Session Six:**

**1415-1450**

The Heart of Commitment

**Conclusion:**

**1450-1500**

Questions/Comments \* Evaluations



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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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**March 2002**

**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 3**

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*March is Women's History Month*  
**"WOMEN SUSTAINING THE AMERICAN SPIRIT"**

*SINCE 1987, THE PRESIDENT HAS ISSUED AN ANNUAL PROCLAMATION OF WOMEN'S HISTORY MONTH. IN LAST YEAR'S PROCLAMATION, PRESIDENT BUSH STATED "OUR NATION BOASTS A RICH HISTORY OF WOMEN WHOSE HEROIC ACHIEVEMENTS SPEAK TO THE SENSE OF EXCELLENCE, POTENTIAL AND PATRIOTISM SHARED BY ALL AMERICANS." WOMEN'S HISTORY MONTH IS AN OPPORTUNITY TO REMEMBER, HONOR, AND CELEBRATE THE MANY CONTRIBUTIONS OF WOMEN THAT HELPED TO CREATE THIS GREAT NATION.*

## LET'S CELEBRATE OMBUDSMAN APPRECIATION DAY

MARCH 29<sup>TH</sup>

According to COMDANTINST 1750.4c, Commands are encouraged to celebrate Ombudsman Appreciation Day on the last Friday in March. Take the time to express your thanks to your Unit Ombudsman for all their support and hard work. (Ombudsmen will also be honored on May 17<sup>th</sup>, with the Ombudsman Appreciation Dinner sponsored by the Coast Guard Foundation.)

**ATTENTION STUDENTS IN GRADES 1-12: Enter ASYMCA & the U.S. Naval Institute's Essay Contest 2002. Three winners will be awarded \$500 Savings Bonds, and another three \$100 Savings Bonds. See the back cover for details!**



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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## WE'RE ON-LINE!

The Blue Horizon, and other  
Work-Life information, is available at :  
[www.uscg.mil/mlcpac/ischon/cw\\_index.htm](http://www.uscg.mil/mlcpac/ischon/cw_index.htm)

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136

Naval Station Guam (671) 343-2981

Guam Red Cross (671) 344-9260

After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494

COMNAVREG Pearl Harbor 473-4222/2220

AMR 833-6831

Schofield Barracks 659-1900

MCBH Kaneohe 257-7787

Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program

1-800-222-0364

GUAM and after-hours emergencies

1-800-222-0364

Military On the Move (MOM)

Relocation Information Packages

(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: [FGaran@d14.uscg.mil](mailto:FGaran@d14.uscg.mil)**



**DEPARTMENT OF THE AIR FORCE  
AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS  
ANDREWS AFB, MD 20762-7002**

**CRIMINAL INFORMATION REPORT 02 - 06**

**FROM:** HQ AFOSI/XOGO

**DATE OF REPORT:** 7 February 2002

**TO:** All Regions, Squadrons, Detachments, and Operating Locations (CAT III)

**SUBJECT:** Tax Scam (Special Alert to the Public)

**SOURCES:** Nina M. Kirby, Customs, Treasury, U.S. Government

**SUMMARY:** The Michigan Department of Treasury recently received an alert from the Internal Revenue Service (IRS) about a fraudulent scam being conducted by e-mail, that you should look out for.

Some taxpayers have received e-mail from a non-IRS source indicating that the taxpayer is under audit and needs to complete a questionnaire within 48 hours to avoid the assessment of penalties and interest. The e-mail refers to an "e-audit" and references the IRS Form 1040. The taxpayer is asked for social security numbers, bank account numbers and other confidential information.

THE IRS DOES NOT CONDUCT E-AUDITS, NOR DOES IT NOTIFY TAXPAYERS OF A PENDING AUDIT VIA E-MAIL. THIS E-MAIL IS NOT FROM THE IRS.

Do not provide the requested information. This may be an identify-theft attempt. If you receive e-mail of this nature (the source may be the address: blessthe day.com), please contact the IRS office in your area.

**DISTRIBUTION RESTRICTIONS:** Insure the widest dissemination to include first sergeants, commanders, and MPF retirements/separations offices.

**COMMENTS:** This Criminal Information Report (CIR) was published in order to educate Air Force personnel about the potential of identity theft through public access of e-mail.

**HQ AFOSI/XOGO POC:** SA Joseph H. Janning Jr., DSN: 857-1027, COMM: (240) 857-1027; FAX: DSN: 857-0967. For all past CIRs, visit the XOG Reading Room located at <http://afosiweb.ogn.af.mil/xog/reading.htm>.

**FOR OFFICIAL USE ONLY**

# Stop Depression and Start Living

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

If you're depressed, or know someone who is, here's important news: It's no one's fault. And there are many things that can help.

Clinical depression is a serious, life-threatening disorder that will affect as many as 20 percent of women and 10 percent of men at some time in their lives. It's the leading cause of disability, not only in the United States, but also around the world. At any given time, 5 to 10 percent of women and 3 percent of men are depressed. And although there are more effective treatments today than ever before (everything from Prozac to Paxil, cognitive and behavioral therapy, from exercise, nutrition and spirituality) a staggering 80 percent of women and men who are depressed go undiagnosed and untreated.

Unfortunately, most depressed people think that they themselves are the problem—that something is wrong with who they are or how they're made. And actually, they're half right. Scientists suspect that depression is caused by misguided genes that make you vulnerable when combined with stress. While you can't talk yourself out of depression, you can take some steps to free yourself from its grip.

At the University of Wisconsin—Madison, research psychiatrists at the Health Emotions Institute have been using new imaging technology to literally peer into the brain to understand the biology of depression.

"We don't have all the answers," says Ned Kalin, M.D., chairman of the psychiatry department at

the university and director of the Health Emotions Institute. "But at this point, there are two areas of the brain we are focusing on. One is the prefrontal cortex, which is the part of the brain that sits behind the forehead. The specific region that we think is important is the orbital frontal cortex." Its job may relate to maintaining positive feeling and inhibiting negative emotions. "Parts of this area may be under active in people who are depressed."

"The second area that we think is important is the amygdala, a structure that is deeper in the brain," he says. "We think that this structure, which processes negative emotion and deals with more primitive feelings, is over active in people who are depressed."

People who are clinically depressed also tend to have a number of brain chemicals that are out of balance, says Dr. Kalin. The result is that they become stuck in negative emotions and behavior patterns.

Are you stuck—stuck enough to call it depression? If you experience five or more of the following symptoms for more than 2 weeks, or they're severe enough to interfere with your daily routine, seek professional help.

- ❑ A persistent sad, anxious, or empty mood
- ❑ Sleeping too little or too much
- ❑ Reduced appetite and weight loss or increased appetite and weight gain
- ❑ Loss of interest or pleasure in activities once enjoyed
- ❑ Restlessness or irritability

- ❑ Persistent physical symptoms that don't respond to treatment
- ❑ Difficulty concentrating, remembering, or making decisions
- ❑ Fatigue or loss of energy
- ❑ Feeling guilty, hopeless, or worthless
- ❑ Thoughts of suicide or death

### **Hope Comes in Many Packages**

Fortunately, there are a lot of things that can help. There are better drugs with fewer side effects. Cognitive and interpersonal therapies seem to help a lot of people even without medication. What's more, there are numerous studies that indicate that a combination of medication and psychotherapy is even better than medication or psychotherapy alone.

### **Antidepressants at a Glance**

There are more than 30 antidepressant drugs available in the United States. Some are older medications such as monoamine oxidase (MAO) inhibitors and heterocyclic drugs. Among the most prescribed drugs are the newer selective serotonin reuptake inhibitors (SSRIs), which have fewer serious side effects for most people.

Each category alters brain chemistry in a slightly different way, which may explain why different antidepressants work for different people and why one antidepressant doesn't work for everyone. All the drugs are equally effective, offering relief to 60 to 80 percent of those who take them.

### **Therapy at a Glance**

Two types of psychotherapy are used to treat depression: cognitive and interpersonal. With cognitive therapy, you learn to identify inaccurate beliefs that cause your emotional problems and set goals to change them. Fifty to 75 percent of depressed people improve with cognitive therapy, a rate comparable to that of drugs.

Interpersonal therapy is a process in which you and a therapist discuss your problems and work out effective solutions. Generally, both types of therapy are equally successful.

### **Alternatives at a Glance**

Some studies show that practicing your faith can speed recovery from depression, in some cases by 70 percent. Here are some other nontraditional treatments that show promise.

**Regular exercise.** A Duke University study found that 30 minutes of brisk exercise three times a week is just as effective as antidepressants for reducing major depression. Another study found that exercise is more effective than antidepressants in preventing relapses.

**St. John's Wort.** Studies From Germany, where it has been widely used for many years, suggest that this herb may be effective for relieving mild or moderate depression.

**SAM-e.** In clinical studies, this supplement, at a dosage of 400 to 1,600 milligrams a day, was as effective at reducing depression as prescription antidepressants and had fewer side effects.

The purpose of this article isn't to recommend one form of treatment over another. Rather, it is to raise awareness of depression and to encourage people to seek professional assistance. There is no shame in being depressed—it's not a sign of weakness. And, further, no one who is depressed should have to face the situation alone.

If you think this article describes you or someone you know, call your Employee Assistance Program Coordinator at 541-1585 for assistance.



# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Easter is God's answer to the cold and dreariness of winter: something we are not able to appreciate fully here in Hawaii, with its continual warm weather and balmy breezes. (To do so we probably need to watch the ice fishing scenes in the movie "Grumpy Old Men" or something similar.) Whatever the weather, though, Easter is God's annual reminder that winter's presence and power are temporary and limited while His are not; that though seasons change He remains changeless. Upon reflection, therefore, it is in God's unchanging nature that we discover Easter's timeless message: *H. O. P. E.*

That is, first of all, Easter reminds us God is our **H**elper. He remains closer than a brother (Proverbs 18:24) and answers our cries (Psalm 121:1-2).

Second, Easter reminds us God does not say **O**ops. His plans and purpose are eternal (Isaiah 14:24), and He leads us not by happenstance or coincidence but by His hand (Psalm 139:5).

Third, Easter reminds us God keeps His **P**romises. As the records of Scripture and history both reveal, God's word is His bond (Matthew 24:35).

And, fourth, Easter reminds us God is our **E**ncourager. The empty grave yet stands, as it has for over two thousand years, as God's daily word of comfort, joy, and peace (Matthew 28:1-8).

Yes, seasons come and go but God is forever constant: in His care for us, plans for us, assurance to us and, ultimately, presence with us. This is indeed Easter's timeless message and our matchless *H. O. P. E.* It is as Clarence Burkholder well says in his poem entitled "Easter Beatitudes":

"Blessed are they of the Easter hope, for theirs is the open gate; it swings through the tomb to the other room where the Lord and loved ones wait."

## Religious Faith and USCG History Calendar:

01 Mar 1905	First regular Alaska light stations established
01 Mar 2002	World Day of Prayer (Christian)
02 Mar 1799	Several Congressional acts give definition to the Revenue Cutter Service's mission
03 Mar 1819	Congress authorizes Cutters to protect U. S. merchant vessels from piracy and to seize vessels engaged in slave trade
04 Mar 1977	Ensign Janna Lambine becomes USCG's first female pilot
08 Mar 1973	USCGC DAUNTLESS makes first USCG controlled drug seizure
09 Mar 1944	USS LEOPOLD (USCG manned) torpedoed by U-255
10 Mar 1983	Last USCG seaplane retired: HU-16E
10 Mar 2002	Meatfare Sunday (Greek Orthodox)
12 Mar 1965	USCG lends support to US Navy's "Operation Market Time" in Vietnam
15 Mar 1942	USCGC ACACIA sunk by U-161
15 Mar 1944	Manus (Admiralties) and Emirau (St. Mathias Islands) invasions
15 Mar 2002	Islamic New Year (Al Hijra)
16 Mar 1945	USCG manned destroyer Task Group 22.14 sink German submarine U-866
17 Mar 1863	USRC AGASSIZ defends Ft. Anderson from Confederate attack
17 Mar 2002	St. Patrick's Day (Christian)
18 Mar 2002	Lent Begins (Orthodox Christian)
21 Mar 1791	Revenue Cutter Service's first commissioned officer, Hopley Yeaton, signed in by President George Washington
24 Mar 1989	USCG responds to worst oil spill in U. S. history: Exxon Valdez
24-31 Mar 2002	Holy Week (Christian)
24 Mar 2002	Palm/Passion Sunday (Christian)
	Ashura' (Islam)
25 Mar 2002	Annunciation to Mary (Christian)
26 Mar 1945	Ryukyu Island landings
28 Mar -	
04 Apr 2002	Pesach/Passover (Jewish)
29 Mar 2002	Good Friday (Christian)
30 Mar 1942	USCG made a service of the U. S. Navy
31 Mar 2002	Easter (Christian)
	Diamond Head Lighthouse Easter Service

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>

# THE LATEST RESOURCES – ARE YOU AWARE?

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

## **The Children's Waiting Room at Tripler**

This service is sponsored by the ASYMCA. If you have an appointment at TAMC and need childcare, this is perfect. Your child(ren) will be cared for by a competent adult FREE of charge while you take care of your medical needs. Care is provided on **Monday, Tuesday, and Thursday from 8:00 am to 12 noon** in the Pediatric Clinic. To make a reservation, call the ASYMCA @ **833-1185** from 8:00 am to 1:30 pm, Monday through Friday. Leave a message with your name, phone number, and the date and time of your requested reservation. Before your medical appointment, call the ASYMCA to confirm your reservation.



## **New TRICARE Benefit – School Physicals**

As of December 15, 2001, school physicals, required for enrollment, are a TRICARE benefit for children ages 5-11 years old.

These newly covered school physicals are offered under TRICARE's Clinical Preventive Services. PLEASE NOTE: Physicals required for sports activities are NOT covered.

For TRICARE Prime enrollees, school physicals required in conjunction with school enrollment

may be received from any network provider without a referral or authorization from the Primary Care Manager (PCM) or a Health Care Finder (HCF). If you cannot obtain a school physical from a network provider, you may use a non-network provider if you have a referral from your PCM and an authorization from an HCF. If you do not have a referral and authorization to see a non-network provider, you will be subject to Point of Services charges.

For TRICARE Extra and Standard beneficiaries, referrals and authorizations are not needed for school physicals required in conjunction with school enrollment. Physicals are subject to cost-shares and deductibles as prescribed by your TRICARE plan.

This newly implemented school physical benefit is retroactive to October 30, 2000. TRICARE will send refunds where applicable.

For more information, visit your local TRICARE Service Center or call your TRICARE Customer Care Center Service @ (800) 242-6788. In Hawaii, contact Karl Kiyokawa, Health Net Federal Services @ (808) 532-4114.





# Alcohol Abuse

By

HSC Daniel Friedman, USCG

The Addiction Prevention Specialist provides prevention education in the area of addiction, including tobacco. The APS goal is to help Coast Guard Active Duty members, Reserves, and civilian employees improve their quality of life.

**The following information was compiled from the National Institute on Alcohol Abuse and Alcoholism (NIAAA).**

## **What is an alcohol problem?**

Researchers use the term "alcohol problems" to refer to any type of condition caused by drinking which harms the drinker directly, jeopardizes the drinker's well-being, or places others at risk. Depending on the circumstances, alcohol problems can result from even moderate drinking, for example when driving, during pregnancy, or when taking certain medicines. Alcohol problems exist on a continuum of severity ranging from occasional binge drinking to alcohol abuse or dependence (alcoholism).

## **What is the difference between different types of alcohol problems, such as binge drinking, alcohol abuse and alcohol dependence?**

It is important to note that alcohol problems occur along a continuum of severity. The term alcoholism usually refers to alcohol abuse or dependence. Alcohol dependence is the most severe alcohol problem and typically consists of at least three of seven symptoms experienced within one year. These symptoms include repeated unsuccessful attempts to stop or cut down, need for increased amounts of alcohol (tolerance), or symptoms of withdrawal upon cessation of drinking (physical dependence). Many other types of alcohol problems do not entail alcohol dependence but are nevertheless harmful in their effect on a person's job, health, and relationships. Also, alcohol problems of lesser severity can often progress to alcoholism if untreated.

The most common alcohol problems include:

**Binge drinking** is the type of problem drinking most often engaged in by young people in the 18-21 year old age range. Within this age group binge drinking is more prevalent among college students than non-students. Researchers often define binge drinking as the consumption of five or more drinks at one sitting for males and three or more drinks at one sitting for females. Binge drinkers on college campuses are more likely to damage property, have trouble with authorities, miss classes, have hangovers, and experience injuries than those who do not. Students living on campuses with high rates of binge drinking experience more incidents of assault and unwanted sexual advances than students on campuses with lower binge drinking rates.

**Alcohol abuse** often results in absence from, and impaired performance at school and on the job, neglect of child-care or household responsibilities, legal difficulties and alcohol consumption in physically dangerous circumstances such as while driving. Individuals who abuse alcohol may continue to drink despite the knowledge that their drinking causes them recurrent and

significant social, interpersonal, or legal problems.

**Alcohol dependence** is a chronic and often progressive disease that includes a strong need to drink despite repeated social or interpersonal problems such as losing a job or deteriorating relationships with friends and family members. Alcohol dependence has a generally predictable course, recognizable symptoms, and is influenced by a complex interplay of genes, psychological factors such as the influence of family members and friends, and the effect of culture on drinking behavior and attitudes. Scientists are increasingly able to define and understand both the genetic and environmental factors that make an individual vulnerable to alcoholism.

**What are the signs and symptoms of an alcohol problem?**

Certain behaviors are known to be possible **early signs** of an alcohol problem. These include any established pattern of drinking, such as heavy regular alcohol consumption and/or frequent intoxication, which poses a high risk of future damage to physical or mental health and which places the drinker at risk of accidents, arrests, poor job performance or other social problems.

**Alcohol dependence, sometimes referred to as alcoholism**, is the most severe type of alcohol problem and is characterized by three of seven symptoms experienced during a one year time period. According to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, the symptoms of alcohol dependence include:

Symptoms of Alcohol Dependence	
<i>Neglect of other Activities</i>	Important social, occupational, or recreational activities are given up or reduced because of alcohol use;
<i>Excessive Use</i>	Alcohol is consumed in larger amounts over a longer period than intended;
<i>Impaired control</i>	Ongoing, unsuccessful efforts to cut down or control alcohol consumption;
<i>Persistence of Use</i>	Alcohol consumption is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely caused or exacerbated by alcohol;
<i>Large Amounts of Time Spent in Alcohol Related Activities</i>	A great deal of time is spent in activities necessary to obtain, use or recover from the effects of alcohol;
<i>Withdrawal</i>	Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety when alcohol use is stopped after a period of heavy drinking;
<i>Tolerance</i>	The need for increasing amounts of alcohol in order to feel its effects.

## 2002 COAST GUARD FAMILY EASTER EGG HUNT

Who: Coast Guard (only) dependent children ages 1 to 9.  
When: Saturday, March 23, 2002 from 9:30 - 10:30 A.M.

Where: KKH Country Store field, tennis courts and playground

Everyone attending must pre-register in writing by MARCH 18, 2002.



Other activities will include FACE PAINTING, VISIT WITH THE EASTER BUNNY (bring your camera) and COLORING SHEETS.

QUESTIONS???

Call Maureen Shivery at 833-8186

Drop off your registration forms at boxes located at the KKH Country Store or Sand Island Exchange.



### COAST GUARD EASTER EGG HUNT REGISTRATION FORM

Sponsor's Name:

\_\_\_\_\_

Sponsor's Phone:

\_\_\_\_\_

Sponsor's Duty Station:

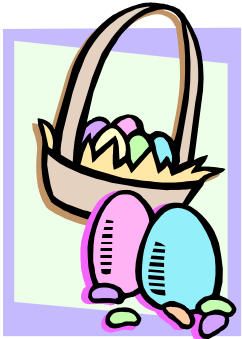
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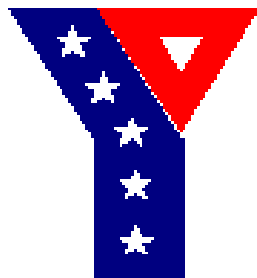
Children Participating:

Name

Age

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |





***Armed Services YMCA/AMR  
March 2002 Calendar of Events  
1875 Aliamanu Drive, Honolulu, HI 96818  
Phone # 833-1185, Fax # 834-3631  
E-Mail: ASYMCAAMR@aol.com  
Open Mon-Thurs, 8:00am – 1:30pm***

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

**THEME FOR MARCH - - Weather/Insects**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARL HARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmornig is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins on April 4, 2002 through May 9, 2002. **Payment for this class is due no later than March 28, 2002.** Any questions please call us at 833-1185

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

**ATTENTION:**

**All expectant and new moms**

**WELCOME BABY** will be offering a support group twice a month starting February 2002. Come join us for an adult craft and discussion on various topics. Kids can come too. **The dates for February are the 8<sup>th</sup> and 22<sup>nd</sup>. In March it will be on the 8<sup>th</sup> and 22<sup>nd</sup>.** For more information or to RSVP please call Pam at 433-2109.

**FREE FOOD DISTRIBUTION:**

The Armed Services YMCA in conjunction with Hawaii Action Program (HCAP) will be distributing free food to low income families on **Wednesday 6 March, 2002 from 9:00 – 12:00.** For more information call us at 833-1185.

**KEIKI CARE BABYSITTING COURSE**

This class applies to children ages 10yrs and up. However, only children 13 and up may be placed on our referral list. The class covers basic babysitting skills such as child development & child care, emergency preparedness, age appropriate games & toys, first aid and CPR training. For more information and dates please call us at 833-1185.

**UPCOMING EXCURSION**

**When:** Wednesday, March 27, 2002

**Time:** 9:30 – 12noon

**Where:** Honolulu Zoo

**Cost:** 2yrs and under—**free**  
3 yrs to adult--**\$1.00**

**Deadline:** No later than Tuesday March 19. To sign up or for more information, please call us at 833-1185.

**SPRING BREAK INFO:**

All ASYMCA/AMR playmornig sites will be closed from Mon., March 25 through Fri. March 29, 2002 for spring break. Playmornig will resume on Monday April 1, 2002.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>REMINDERS:</b> <b>March 6</b> —Free food distribution From 9:00 to 12noon <b>March 25 through March 29--</b> All ASYMCA/AMR Playmorning sites Closed for spring break	<b>March 27</b> —Excursion to The Honolulu Zoo  <b>March 31</b> —Happy Easter  <b>April 1</b> —Playmorning resumes			<b>1 PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Hale Moku-9:30-11:00am</b>
<b>4</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Red Hill-10:30-12:00pm</b> <b>Pearl City-9:30-11:00am</b>	<b>5</b> <b>PLAYMORNING</b>  <b>Ft. Shafter-9:30-11:00am</b> <b>Moanalua-9:30-11:00am</b>	<b>6</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>McGrew-9:30-11:00am</b> <b>Manana-9:30-11:00am</b>	<b>7</b> <b>PLAYMORNING</b>  <b>Pearl City-10:30-12:00pm</b> <b>Catlin/Halsey-9:30-11:00am</b>	<b>8</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Hale Moku-9:30-11:00am</b>
<b>11</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Red Hill-10:30-12:00pm</b> <b>Pearl City-9:30-11:00am</b>	<b>12</b> <b>PLAYMORNING</b>  <b>Ft. Shafter-9:30-11:00am</b> <b>Moanalua-9:30-11:00am</b>	<b>13</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>McGrew-9:30-11:00am</b> <b>Manana-9:30-11:00am</b>	<b>14-</b> <b>PLAYMORNING</b>  <b>Pearl City-10:30-12:00pm</b> <b>Catlin/Halsey-9:30-11:00am</b>	<b>15</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Hale Moku-9:30-11:00am</b>
<b>18/25</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Red Hill-10:30-12:00pm</b> <b>Pearl City-9:30-11:00am</b>	<b>19/26</b> <b>PLAYMORNING</b>  <b>Ft. Shafter-9:30-11:00am</b> <b>Moanalua-9:30-11:00am</b>	<b>20/27</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>McGrew-9:30-11:00am</b> <b>Manana-9:30-11:00am</b>	<b>21/28</b> <b>PLAYMORNING</b>  <b>Pearl City-10:30-12:00pm</b> <b>Catlin/Halsey-9:30-11:00am</b>	<b>22/29</b> <b>PLAYMORNING</b>  <b>Amr-9:30-11:00am</b> <b>Hale Moku-9:30-11:00am</b>

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Building 1105, 449-2494 or 449-6475**

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

**AT HOME ALONE, Mar 6, 2:00-3:00 pm (Health and Wellness Center, Bldg 1113).** Find out if your school-aged children are ready to stay home alone. Also learn tips on how to develop an "At Home Alone" contract and foster in-home recreational activities. Parents and children are welcome.

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Mar 12, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Mar 27, 9:00-11:00 am.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Mar 4, 11, 18 & 25, 1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

**HOME BUYING 101, Mar 27, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**INTERVIEWING WITH CONFIDENCE, Mar 19, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**INVESTING MADE SIMPLE, Mar 20, 2:00-3:30 pm.** This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

**KINDERGARTEN READINESS, Mar 21, 8:30-9:30 am (Mokulele Elementary School).** The first day of kindergarten is a milestone in your child's life. How can parents discern if their child is ready? What can they do to ease the transition for the whole family? Come discuss these questions and any other concerns with your school staff and Cassie Kepler, the Family Support Center's Life Skills Specialist.

**LOOKING FOR EMPLOYMENT IN HAWAII, Mar 5 & 26, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Mar 6, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NEW TO HAWAII FINANCIAL BRIEFING, Mar 13, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station.

This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly rooms. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Mar 1-21, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held March 22-29.

**RESUME WRITING I, Mar 21, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Mar 28, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

**SELF-ESTEEM: I MAKE A DIFFERENCE!, Mar 20, 9:00-11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

**SMOOTH MOVE, Mar 28, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Mar 7, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Mar 12-14, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Mar 7 & 21, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Mar 13, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Mar 19, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.





## HOUSING CORNER MARCH 2002

### VEHICLES AND PARKING



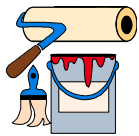
All cars within the KKH Housing areas must possess and display a valid DOD registration sticker, license plate and safety inspection decals at all times. Vehicles with expired decal stickers will be subject to towing at owner's expense. Additionally, all vehicles must be in safe operating condition and operated in a safe manner. This includes vehicles of guests and visitors. Parking in courts of KKH is limited to tenants only. Each KKH unit is assigned one specific covered parking stall. Unnumbered and uncovered spaces are available on a first-come, first-serve basis, and only for tenants of that court. All residents that have more than two vehicles and guests are required to park on the curbside of the street within areas that are not painted red. Parking in front of trash dumpsters or behind parked vehicles inside stalls, even momentarily, is prohibited. Our Housing Inspector performs random checks throughout the housing area and will provide notice to those vehicles found not to be in compliance. For further information regarding parking and operating vehicles within the KKH housing area, please review section 2.21 of the resident Housing Handbook, ISCHONOINST M11101.2D or you may call our office at 831-2766 for additional assistance.

### HOUSING COUNCIL:

The council meets quarterly to discuss housing issues that affect residents of the CG owned housing. The council works as a cohesive group to improve communications, education and the overall housing experience. Typical topics include upcoming renovations, construction projects, security issues, and resident issues and/or concerns. The Housing Council is chaired by the Oahu Local Housing Officer. The vice-chairman is KKH Housing Maintenance Chief. Members of the council include unit Ombudsmen (on a voluntary basis) and the unit Local Housing Representatives (LHR). Any resident in government owned housing who wishes to have an issue addressed at the Housing Council meeting may either contact the Local Housing Officer, their Ombudsman, or unit Local Housing Representative. For further assistance with contacting your unit LHR and/or Ombudsman, please contact the Housing Office at 831-2766. Residents, at anytime, may contact the Area Housing Officer, Mrs. Baker, with any housing concerns by sending an e-mail to [nbaker@d14.uscg.mil](mailto:nbaker@d14.uscg.mil) or by telephone @ 831-2766. You are also welcome to visit our Housing Office in person, which is located on Phase I next to the Self Help store, directly across from the CG Gas Station to discuss your housing concerns.

### CURRENT HOUSING PROJECTS:

- **Housing Exterior Painting**



- The exterior painting contractor, JMB Services, is continuing to do touch up work on Phase I and has commenced work on Phase II. The contractor will provide notification to residents seven days prior to the start date. Once notice is given, please ensure all areas affected (i.e. exterior walls, storage areas) are clear of any obstructions to allow easy access for the painters. Your help is needed to remove vegetation next to exterior walls that may prohibit the contractors from doing their work. If you have any questions concerning the areas to be painted, work to be accomplished, or preparations to your unit, you may contact the Housing Office at 831-2766/2753. We appreciate all of your patience and cooperation throughout this project.

- **Phase II Sewer Lift Station Renovations**

This project will provide a building to enclose the existing sewer lift station located at the bottom of Phase II on Kukui Drive. Residents should not experience any interrupted water or sewer services during this project. If you have any questions concerning this project and/or work to be accomplished, please contact the Housing Office at 831-2766/2753.



### *Ask the Doc:*

Certain contraception methods have higher failure rates; bee sting allergies should be taken seriously

**Q: My husband and I are both on active duty. We don't want to have children for at least three years. I've heard about women getting pregnant while taking birth control pills, and I worry about an unplanned pregnancy. What other options are there for us?**

A: Choosing a contraceptive method is an important decision. Important considerations about a method are its effectiveness, side effects, duration and ease (or difficulty) of use. Personal considerations, such as lifestyle, risk for sexually transmitted infections and anticipation of future child bearing are also important.

Birth control pills, also known as oral contraceptive pills (OCPs), are the most commonly used reversible method of contraception. OCPs are very effective in preventing pregnancy when used correctly. With perfect use, only one in 1,000 women will become pregnant during one year. However, actual pregnancy rate among pill users is typically higher (about 1 in 35 women) due to improper use, such as forgetting to take one or more pills. The effectiveness of all contraceptive methods depends to some extent on how likely a woman is to become pregnant if she were using no contraception. The likelihood of becoming pregnant depends on the woman's age, the frequency and timing of intercourse and her natural "fertility." OCPs are an example of a user-dependent form of contraception. This means the woman (or man) uses it. Examples of user-dependent methods are sterilization (vasectomy or tubal ligation), the intrauterine device (IUD) and injected and implanted hormonal methods. In general, highly user-dependent forms of contraception, especially barrier methods such as condoms and diaphragms, have the highest failure rates. There are pros and cons to every form of contraception. You should consult with your primary care provider to discuss the option that is best suited for you at this time.

**Q: My squad leader is making a list of soldiers with bee sting allergies. When I was a kid, my mouth swelled, and I got hives after a bee sting. It went away after a while, and I never needed to go to the hospital. I don't want to be singled out, and I don't want to have to carry some 'injection kit' with me wherever I go. What's the big deal if I get stung again?**

A: If you have a bee sting allergy, an injection kit may save your life!

What happens in people with bee sting allergies:

- ❖ Large amounts of chemicals, such as histamines, rush into the blood stream. These chemicals cause tissue to swell. Patches of skin, known as hives, can become itchy and swollen.
- ❖ If the soft tissues of the airways swell, there may be wheezing, difficulty in swallowing or breathing.
- ❖ The chemicals that are released into the blood stream also cause blood vessels to become leaky. Fluid leaves the blood vessels, causing the body's blood pressure to drop.
- ❖ In what is called 'anaphylactic shock,' blood pressure is too low to deliver to the right amounts of oxygen to the brain, heart and kidneys.

Some signs of bee sting allergies:

- |  |                          |
|--|--------------------------|
| ❖ Itchy, red rash over many parts of the body, | ❖ Difficulty swallowing, |
| ❖ Pale appearance,                             | ❖ Wheezing,              |
| ❖ Cold, clammy skin,                           | ❖ Confusion              |
| ❖ Nausea,                                      | ❖ Coma                   |
| ❖ Difficulty breathing,                        |                          |

What happens when a soldier with a bee sting allergy gets bitten a second time:

- ❖ In the soldier with the bee sting allergy, the body 'remembers' bee sting venom.
- ❖ Even more chemicals than before are released into the blood stream following a second and third bee sting.



- ❖ A soldier with simple mouth swelling and hives may have a fatal reaction the next time he or she is stung.
- ❖ If you have allergies to bee stings, you can't use your first allergic reaction to predict whether or not your body can 'get away' without needing an injection kit.

What to do:

- ❖ First, members of your squad and chain of command should know in advance if you have bee sting allergies. Symptoms may come so quickly after a sting that you may never get a chance to tell your buddies that you have an allergy, delaying treatment.
- ❖ Most fatal bee sting reactions occur in the first hour after a sting so it is important to always have access to a medicine called epinephrine.
- ❖ Epinephrine works by stopping airway swelling and by raising blood pressure, buying time for transportation to a medical treatment facility.
- ❖ Epinephrine comes in a self-injecting 'Epi-Pen,' easily transported in a BDU pocket. An injection at the thigh immediately following symptoms should work within a matter of seconds.
- ❖ If you have a bee sting allergy and are stung, treat it as a medical emergency. Get help even if you have an Epi-Pen and even if symptoms aren't starting right away.
- ❖ If you start feeling faint, lie on the ground and elevate the legs above the level of the heart in order to return as much blood as possible to the vital organs.

For more information on any of the *Ask the Doc* topics, check out <http://familydoctor.org>.

Anyone who would like to submit a question to "Ask the Doc" may write to: Ask the Doc, Family Practice Clinic, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96818. Questions may also be emailed to [Michelle.Rowan@haw.tamc.amedd.army.mil](mailto:Michelle.Rowan@haw.tamc.amedd.army.mil).

**Contact: Tripler Public Affairs Office, 808-433-5785**

**Release Number 02-009**

In Hawaii,  
Contact: Karl Kiyokawa  
Health Net Federal Services  
(808) 532-4114



## **New TRICARE Benefit – School Physicals**

- As of December 15, 2001, schools physicals, required for enrollment, are a TRICARE benefit for children ages 5-11. These newly covered school physicals are offered under TRICARE's Clinical Preventive Services. Please note: physicals required for sports activities are **not** covered.
- For TRICARE Prime enrollees, school physicals required in conjunction with enrollment may be received from any network provider without a referral or authorization from the Primary Care Manager (PCM) or a Health Care Finder (HCF). If you cannot obtain a school physical from a network provider, you may use a non-network provider if you have a referral from your PCM and an authorization from an HCF. If you do not have a referral and authorization to see a non-network provider, you will be subject to Point of Services charges.
- For TRICARE Extra and Standard beneficiaries, referrals and authorizations are not needed for school physicals required in conjunction with school enrollment. School physicals are subject to cost-shares and deductibles as prescribed by your TRICARE plan.
- The newly implemented school physical benefit is retroactive to October 30, 2000, meaning that TRICARE will send refunds where applicable.
- For more information regarding the new school physical benefit, visit your local TRICARE Service Center or call your TRICARE Customer Care Center Service at (800) 242-6788.

# Bad News Sells Papers But Destroys Relationships

By  
Owen M. Norton, MSW, LSW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

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Do you ever read the newspaper or watch the news on television? Pay attention to how the headlines focus on the negative and how little emphasis is on the positive. Bad news definitely sells papers and improves television ratings. I would guess if you looked at what percent of the headlines of newspapers and television news you might come up with 75% negative vs. 25% positive. What do you think? Is it higher or lower?

Sometimes we end up doing this in our lives with our loved ones. We focus on the negative aspects of our loved ones, and ignore the positives. Chaplain McKay relays the following anecdote. A husband was asked “When was the last time you told your wife you loved her?” His reply? “On my wedding day 20 years ago, and when it changes I’ll let her know”. Sounds like a fun marriage! Some researchers believe that it takes about *seven* positive things to neutralize *one* negative thing you say or do. You certainly want to watch how you say things so that the negatives don’t erode the positive in your relationships.

We don’t want to become like the media sharing the bad and not the good. In a relationship this would lead to a boring, unsatisfying relationship. When did you last complement your spouse, child, or that special person in your life? What would it be like if you gave a complement once a day to someone special to you? It could be fun. Think about what it would be like to say something positive that you notice and appreciate about your partner. I think I will do it tonight, and it may go like this, “Donna, I really appreciate how sensitive and caring you are to our kids, they are so lucky to have you as their mother.” It could be about her personality, “I like how you are such a warm and caring person.” You get the concept. As I am writing this I am realizing that I haven’t been doing enough of this myself, I need to pay more attention to the positive and give my loved ones more complements. Like the advertising says, don’t ignore what needs to be done, JUST DO IT! What about you?

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# The Blue Horizon

## E Kokua Pakahi Kakou

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February 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 2

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February is designated as **American Heart Month**. When we think of February, many of us associate it with St. Valentine's Day – a day full of candy and chocolate, cards and e-greetings, anniversaries or birthdays. Some people, however, are gravely reminded of the death of a family member, friend, co-worker, or neighbor due to a **cardiovascular disease**. Little did most of us realize that jumping rope as kids in grade school was a **physical activity** that, if continued throughout life, could **prevent onset of diseases** such as Congestive Heart Failure, Coronary Heart Disease, Acute Rheumatic Fever/Chronic Rheumatic Heart Diseases, Hypertensive Heart Disease, and Pulmonary Heart Disease and Diseases of Pulmonary Circulation.

Remember these key points when asking yourself the importance of your heart and exercising:

- ♥ Jumping rope is just one of many cardiovascular activities that can improve the condition of our heart.
- ♥ Almost any physical activity which involves the use of large muscle groups and raises our heart rate to our target zone\* for a sustained period of time will have long-term effects on our health status...we can even take years off our bodies with improved cardiovascular condition as we age!
- ♥ The heart is one of the major muscles in the human body, so just as we lift weights to build muscle in our arms, legs, and trunk area, we should naturally build our heart muscle with aerobic activity such as walking, jogging, cycling, and swimming.

(taken from an article on heart health written by LTJG Rochelle Cannon, Health Promotion Program Manager at Coast Guard Headquarters, in February's Health Promotion Bulletin)

CONGRATULATIONS TO MS. WANDA ALLEN-YEAROUT!

*Your Work-Life Ombudsman Programs Coordinator, Wanda Allen-Yearout, was selected as the recipient of the 2001 Novella Gibson Whitehead Award For the Representative who most fully embodies the true spirit of and dedication to the National Military Family Association.*

*(see details on the Greensheet)*



### IN THIS ISSUE:



- ❖ Guidelines for Setting Rules & Sticking with Them
- ❖ Identity Theft
- ❖ Sponsorship Program
- ❖ Broken Family Ties
- ❖ Ecstasy: The Truth
- ❖ Chaplain's Corner: God's Love
- ❖ National Council of Coast Guard Spouses' Club Greensheet



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

# Guidelines for Setting Rules & Sticking with Them

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

Most child specialists agree that young infants cannot be spoiled and are too young to begin manipulating parents. However, by the time they approach their first birthday they soon learn that certain behaviors on their part will bring about predictable responses from Mom or Dad. It doesn't take long before they figure out when and where Mom and Dad are most vulnerable. The typical child continues to refine this skill well into adolescent years and for some, well into adulthood.

The bottom line in the balance of power between parent and child is the ability of the parent to set rules and follow through with appropriate consequences. Thus said, let us examine the basic principles of setting limits. There is nothing magical or new about them. They can work only if parents understand how essential they are, not only for the parent/child relationship, but also for the child's ability to function successfully in society.

## 1) Set rules that are appropriate.

- ❖ Continually evaluate rules to be certain they are developmentally suited and they are reasonable in scope and timing.
- ❖ Avoid setting too many rules.

## 2) Establish rules that you as a parent CAN and WILL enforce.

- ❖ Parents should be united in the setting of rules.
- ❖ Avoid setting yourself up with rules and consequences that you are unable to enforce or that place undue burdens on you as a parent.
- ❖ Have a plan in place for follow through.
- ❖ Involve older children in establishing rules that apply to them.
- ❖ Allow for occasional flexibility. (Example: "You seem to have an awful amount of homework. I'll excuse you from doing the dishes tonight.")

- ❖ Keep in mind that it is normal for children to test rules and boundaries.

## 3) State rules firmly and clearly.

- ❖ Be straightforward in stating rules.
- ❖ Very young children need little explanation of rules. Older children generally require the reasoning behind the rule, but explanations should be brief. Avoid setting yourself up for an argument over a rule. (This is not negotiable." Or "This is a rule in our house and I expect you to cooperate.") Remember, parents seldom win when they engage in arguments with their children.
- ❖ Be sure the child clearly understands what is expected of him. The perspective of a parent and a child are usually totally different. (Examples: "Clean your room," or "You need to be more organized on your math paper," are much too vague.) Be specific.
- ❖ Ask younger children to rephrase rules or requests.

## 4) Follow through.

- ❖ Use consequences that will create discomfort – in convenience, not physical punishment – for the child.
- ❖ Use consequences directly related to the misbehavior. (Contact Work-Life's Mary Mansfield for developing skill in this area.)
- ❖ Use **Grandma's Rule** or the **When – Then Rule**: "When you have finished picking up your toys, then you may go out and play with your friends."
- ❖ Enforce consistent consequences for rules not followed.
- ❖ Provide verbal positive reinforcement for rules that are followed.

## NEED TAX INFO? NEED TAX FORMS?

### VITA SATELLITE TAX CLINIC TO OPEN FEBRUARY 4th

The Volunteer Income Tax Assistance ("VITA") Clinic is located at the ISC Admin Building, 1st Floor, Room 25. Volunteers will be able to assist unit members and other eligible clients with individual tax questions and in filling out individual basic tax returns **at no charge**. Volunteers may not help assist in preparing complex returns, private business activities, or other profit making endeavors. Assistance provided by appointment.

To schedule an appointment, call the Legal Assistance Office at 541-2108. You may also contact the following volunteers directly:

PO1 Arnaz Deal	541-1539	YN1 Terri Paschall	541-1516
YNC Mark Dumars	522-8264 (ext 260)	SKC Jon Yun	522-8264
PO1 Qasim Foster	541-3251		

#### You may obtain an IRS form or publication at:

- ❖ PJKK Federal Building, I.R.S. Office, 300 Ala Moana Blvd.
- ❖ Most U.S. Post Offices and/or libraries
- ❖ VITA Satellite Tax Clinic, ISC Admin Bldg. Rm. 25

#### By Internet:

- ❖ [www.irs.gov](http://www.irs.gov) OR [ftp.irs.ustreas.gov](http://ftp.irs.ustreas.gov)



#### WHAT TO BRING TO THE TAX CLINIC:

1. Social Security Card(s) for the taxpayer(s) and all dependents.
2. All of your W - 2's
3. All of your Form 1099's (Used to report interest, dividends, retirement income, brokerage transactions and miscellaneous income) Bring in any other forms which show income, i.e. IRA withdrawals, social security benefits, or retirement income.
4. Form 1098, Mortgage Interest statement
5. Form 1098 - E Student Loan interest statement
6. Do you pay for childcare? a) Full name and address of Provider, and b) SSN or Taxpayer identification number of Provider
7. Did you pay for college or education? a) Proof of payments (tuition, books)
8. Did you make a charitable contribution of \$250 or more? Bring written acknowledgement of contribution from the qualified organization
9. Divorced or Legally Separated and paying/receiving child support/alimony or claiming children as dependents? a) Bring copy of court decree:
  - 1) Final Decree of Divorce, or
  - 2) Separation Decree
  - 3) If tax payer paid alimony, need recipient's SSN
10. Last Year's (2000) Tax Return  
To obtain a copy, complete IRS Form 4506, "Request for Copy of Transcript of Tax Form" and mail it to I.R.S. Center where return was filed.
11. Form W - 2 G, Gambling winnings
12. WANT AN ELECTRONIC REFUND? Bring a copy of your bank statement or a checking deposit form showing your name as account holder.

IF YOU HAVE FURTHER QUESTIONS, PLEASE CALL BELINDA ALCANTARA, LEGAL ASSISTANCE ATTORNEY, 541-2108.

# TRANSITION & RELOCATION ASSISTANCE

By  
Shirley D. Caban

*As the ISC Honolulu Transition and Relocation Manager (TRM), my mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information. In addition, I provide employment assistance, which includes job referrals, resume assistance and information on duty stations for CONUS and OUTCONUS locations.*

This PCS season, several hundred members and their families will report to a new duty station in the D14 AOR. Relocation to a new area can be a traumatic and disruptive experience, especially overseas. The backbone of the Transfer Program is the Sponsor. Therefore it is prudent to review our efforts and responsibilities in assisting both our unaccompanied and accompanied members and their families in this process.

The objectives of a Sponsorship Program are:

- Ensure newcomers arrive feeling like members of the new team.
- Ensure newcomers and their families have positive first impressions of the unit and the area.

Relocating to a new duty station and getting established in a new community can be a challenging experience. Some members require little or no assistance while others have unique requirements that a standard information packet cannot meet. The individualized assistance and support a member and his or her family members receive from the new command set the tone for the tour and significantly affect the member's satisfaction during the assignment. Positive command and sponsor enthusiasm are invaluable at this critical time.

Good sponsorship will often make the difference between a good and bad move. It can:

- Reduce the culture shock virtually everyone coming to a new area experiences.
- Increase your unit and work team productivity by getting the newcomer settled in fast.
- Improve your unit morale by solving little problems before they cause big administrative headaches.
- If the newcomer is married, you'll be helping a whole Coast Guard family. Moving can be especially stressful for a spouse and children.
- Increase Coast Guard Quality of Life and Mission Readiness.

## TIPS ON BEING A GOOD SPONSOR:

As a sponsor you provide the personal touch. Here are some key points about being responsive and making the newcomer feel like an important part of the team:

- Think of the kind of help you would want if you were making a move. Remember that each situation is

different, and not everyone wants or needs the same assistance.

- Personalize your approach, to your style and their needs.
- Listen. Many times a newcomer can reduce stress associated with a move by merely talking to someone "already there" who cares.
- Be responsive and follow through.
- Be open and stay positive. Let the newcomer form his or her own impressions about the unit and local area.
- If you miss a call, always call back the same day if possible. This is considered an official call that can be placed through your unit phone. Inform the newcomer whom to call if you are going on TAD or will be otherwise unavailable for a period of time.
- Be a sponsor for the entire inbound family. Ask questions about the family and their background.
- If you don't know how to respond to a particular issue, seek assistance from your supervisor, administrative yeoman, executive officer, ISC support staff, or the Work-Life Center.
- Stay connected with the newcomer for at least six months. Check on them periodically to ensure they are settling in okay. The term "settling in" refers to the newcomer's basic knowledge about the area, such as schools, shopping, restaurants, recreational opportunities, spouse employment opportunities, childcare, etc.

The ISC Honolulu Work-Life Transition and Relocation Manager (TRM) mails a comprehensive Welcome Aboard Package to all members within one week of receiving notice of the member's orders. Packages are designed specifically for each of the Hawaiian Islands, Guam, Japan, etc.

For further information on the packages, contact Shirley at 541-1586 or [SCaban@D14.uscg.mil](mailto:SCaban@D14.uscg.mil). Classes will be held at the Work-Life Training Room starting at 0900 on the following dates: Wednesdays: FEB 20<sup>th</sup>, 27<sup>th</sup>, March 20<sup>th</sup>, MAR 27<sup>th</sup>, APR 3<sup>rd</sup>; Thursday: April 4<sup>th</sup>

The maintenance of an effective unit Sponsor Program is a command responsibility and a vital tool to help our new shipmates quickly become fully productive members. Your Work-Life staff is happy to assist you in these efforts.



# Broken Family Ties

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

Some rifts between families might seem irreparable. Can anything be done to bridge the gap? Let's look at some of the most common reasons for family disagreements and what we can do to have a healthy relationship with our family members.

Most of the disagreements between family members are short-term and resolve themselves easily with some sort of compromise. Sometimes, however, they can escalate to a point where the communications break down completely. In the mind of at least one of the parties involved, something has been said or done that is absolutely unforgivable.

"Don't let the door hit you on the way out!" "You're no longer welcome in this house!" "You're dead to me!" An aggravated family member in the midst of his or her rage often shouts these kind of ugly, bitter phrases. They are too often definitive, immediate, and final.

For some families, however, the split is more gradual and subtle. One family member is no longer invited to family celebrations or holidays; letters from another go unopened or unanswered. There is no showdown or dramatic scene; instead the subliminal message to that family member is "you no longer exist in my world."

There are many, many reasons for rifts between families. Some typical situations are:

1. **Fights over money.** Perhaps a family member in need begged for a loan but when it came time to pay up, they copped an attitude and then avoided you like the plague.

2. **Disapproval of a family member's choices.** Some families see red when a member marries a person of another race, faith, or social class. The son's wife or even the children borne of an interracial relationship may not be acknowledged or accepted by other family members.

3. **Disapproval of a family member's sexual orientation.** Often this lack of acceptance occurs in not-so-subtle ways such as the partner not being allowed to attend family events or being referred to as "a friend" or "roommate." Not surprisingly, the person may decide to distance themselves from the family because being part of it comes with so many conditions.

4. **Divorce or breakup of a romantic relationship.** Far too often, children become pawns in their parents' game of mutual dislike; they are made to feel guilty for the time they spend with the other parent or for any positive feelings they have toward that parent.

5. **Contact poses a threat of physical danger or emotional pain.** Sometimes a family member's behavior is just plain harmful. The person may have an addiction that has resulted in their lying to or stealing from other family members. Sometimes a family member is abusive.

6. Relationships with family members should be viewed on a continuum with complete over-involvement on one end and estrangement on the other end. Estrangement can offer a measure of emotional, physical, and financial protection especially if there is a history of dysfunctional behavior that doesn't seem to be getting any better. This stance is often adopted when we feel

like we've done too much for a family member or that family member hasn't done enough for us. A healthy relationship would fall somewhere in the middle.

Opening the lines of communications is the key in moving toward a healthy relationship. Before initiating any kind of reconciliation, however, the following questions must be answered: What do I stand to lose, and what do I stand to gain by reconnecting with this person? Does my current attitude negatively impact me and those around me? What is the most I can expect of this person given his particular level of ability to interact in a healthy way?

Sometimes it's difficult to see any benefits to reestablishing contact; but, often, it's worth the effort because there are possible negative consequences associated with prolonged family disconnection. For example:

- ❑ Other family members are often put in the middle of the particular disagreements.
- ❑ Feelings of rage, vengeance and hatred can cause a tremendous amount of stress, which often brings a series of physical ailments; you may ultimately be hurting yourself more than the other person.
- ❑ As a parent, you may be providing a poor example to your children regarding how one should or shouldn't deal with conflict.
- ❑ When we lose one side of the family, we run the risk of jeopardizing the passing down of valuable information and medical histories.
- ❑ Each person is free to choose his or her own path in life. It is your prerogative not to like another's choice, but you don't have the right to impose your standard on others. **Love means accepting the differences. Bending others to your will is not love.**

If the pros of reconciliation outweigh the cons, then you might have to reconsider your position. This may mean swallowing your pride and considering the sound reasons--if there are any--for bringing this person back into your life. Practice what you want to say by first writing it down. Talk about why you've kept your distance, the hope you have for the relationship, and

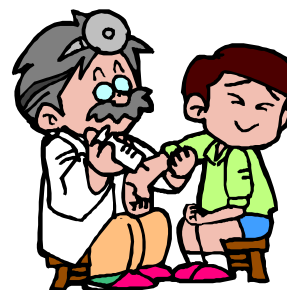
the behavior change you'd like to see. Make sure your tone isn't accusatory, because that will only put the other family member on the defensive. If you've contributed to the making of this dysfunctional situation, own up to your part in doing so. Talk about how you intend to be different as well.

You might want to ask a trusted friend to look over what you've written before having the actual conversation. If the degree of bitterness or hostility is so high that you don't trust yourself to have a rational, mature conversation, then use a mediator. This might be another family member, a minister, a professional family mediator or a counselor. There are inexpensive professional mediators in the community.

Remember, it takes the commitment of all parties involved to successfully reconcile. True healing begins when you can honestly say that you have exhausted all resources available.

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### BLOOD BANK NEEDS BLOOD



THE HAWAI'I BLOOD BANK IS IN CRITICAL NEED OF BLOOD. THIS SITUATION ARISES FROM A LOWER DONOR FLOW DURING THE HOLIDAYS DUE TO COLDS, HECTIC SCHEDULES, AND AN INCREASED NEED FOR BLOOD BY HOSPITALS FOR A HIGHER NUMBER OF SURGERIES AFTER THE HOLIDAYS. PLEASE HELP OTHERS BY GIVING BLOOD. PERSONNEL INTERESTED IN DONATING BLOOD AT HAWAI'I BLOOD BANK (2043 DILLINGHAM BOULEVARD, HONOLULU) SHOULD CALL THEIR APPOINTMENT LINE AT 848-4721. HOURS OF OPERATION ARE AS FOLLOWS: 0630-1700 (MONDAY, TUESDAY, WEDNESDAY AND FRIDAY)



0630-1900 (THURSDAY) 0630-1400  
(SATURDAY)

# Ecstasy: The Truth

By

HSC Daniel Friedman, USCG

*The Addiction Prevention Specialist provides prevention education in the area of addiction, including tobacco. The APS goal is to help Coast Guard Active Duty members, Reserves, and civilian employees improve their quality of life.*

HONOLULU--There have been a number of articles and commentaries in local newspapers concerning the drug Ecstasy. These articles appear to be sincere attempts to discuss the dangers of Ecstasy use however some of the statements are incorrect. Some have confused Ecstasy with Methamphetamine, while others have presented an extreme and unrealistic view of the dangers of the drug. It's time for some straight talk and information regarding Ecstasy and the dangers it presents to people. Ecstasy is not Methamphetamine; the two are members of the Amphetamine family of drugs but are structurally different. Methamphetamine is known by street names such as "ice" or "crystal meth," while Ecstasy has been called "E," "X," XTC," or "ADAM."

Methamphetamine purity is higher in "ice" than "crystal meth."

Ecstasy and Methamphetamine are central nervous system stimulants that work by increasing the release of certain chemicals in the brain or by prolonging their action. Ecstasy and Methamphetamine cause some of the same effects but there are a few important differences. First, Ecstasy has more of an affect on a chemical in the brain responsible for pleasure and sensory perception.

Ecstasy users report that colors and sounds come alive, and they feel more sympathetic and loving towards others. It is referred to as the "love drug" or "hug drug" because it promotes social interaction. Or, as users like to say, peace, love, unity, and harmony. Ecstasy is popular because it is cheap, easy to use (swallowed and doesn't require needles or pipes), and it produces a long lasting high. The drug easily fits into the "Rave" scene where groups of people come together to socialize, dance, and have a good time. A couple of hits of Ecstasy can be cheaper than a night of heavy drinking and, unlike alcohol, it allows the user to participate in the party for hours on end. Addiction to Ecstasy is uncommon because repeated use does not prolong the pleasurable effects. The brain runs low of chemicals affected by Ecstasy and needs time to produce more.

Methamphetamine on the other hand can be smoked, ingested, or injected and is addictive. Because Methamphetamine affects the brain in a slightly different way some experienced users will prolong their high by taking this drug when they start coming down from Ecstasy. Coming up positive for both Ecstasy and Methamphetamine may be one sign to a members Command that an individual is more than just a casual Ecstasy user.

Some news articles give the impression that Ecstasy causes instant brain damage, turning a person into a vegetable. While it does affect the brain, the damage is subtle and usually occurs over time with repeated use. Studies in humans show slight changes in memory, attention, and a reduction in reaction time. This can occur in persons using Ecstasy as little as 2 to 3 times a month. These studies also suggest that the more you use Ecstasy the greater the long-term affects. While it is true that there have been deaths associated with Ecstasy, these are usually a result of extreme use, dehydration, accidents, or in persons with underlying problems like heart abnormalities.

Death from dehydration is the major concern as body temperatures can rise above 104 F in persons who don't keep themselves hydrated. The Rave party scene is one of intense activity, and Ecstasy users can quickly become dehydrated as they dance for several hours on end. Some party organizers recognize this and set-up water stations and rest areas because they are interested in repeat customers.

One amazing thing among Ecstasy and drug users in general, is the trust users place in the drug dealer. Drug users blindly believe that the pill they are popping into their mouth is what the dealer says it is. Six people in Florida and three in Illinois trusted their drug dealer, and they died from using drugs they thought were Ecstasy, but were really PMA and PMMA; 2 other drugs in the

Amphetamine family. This illustrates one of the extreme dangers of Ecstasy and drug use. Because these drugs are not made under Government standards some have toxic by-products in them, or are laced with other drugs such as cocaine, caffeine, or PCP.

A cocktail of cocaine and Ecstasy is a recipe for disaster to someone with underlying heart problems. Drug dealers want to keep their customers coming back for more but do they really know how the drug was made or what is in it? Taking Ecstasy is not like taking a prescription pill from the medicine cabinet. Ecstasy manufacturing is illegal and the people who make it are in it for the money. Safe manufacturing processes usually don't cross their mind. Some Ecstasy users are lured into thinking that certain brands or symbols on the pill mean that it's the real stuff, but anyone can stamp a logo on a pill.

One drug dealer was recently apprehended with pills he was going to sell as Ecstasy but were really an herbal supplement for menopausal women. Taking Ecstasy is like Russian roulette; the chamber might be empty or it might have a round in it in the form of PMMA or other toxic chemicals.

When a person is on Ecstasy their reaction time, visual perception, and judgment are impaired. Like any person on drugs we don't want them driving an automobile, operating heavy machinery, or using a weapon.

Because the Ecstasy high can last four to six hours, an active duty member heading out to the range or turning a wrench may still be experiencing the effects of the drug after a late night of partying. The problem doesn't stop once a person comes down from the high.

With every high there is a low and Ecstasy is no exception. The effects after a person comes down from the high should be a concern for Commands. Drowsiness, fatigue, insomnia, and difficulty concentrating are effects that can last up to 24 hours after Ecstasy use. Because fatigue is a common cause of accidents, we may never know how much Ecstasy use contributes to these situations unless of course you are in a flight status and are tested after every accident.

Testing and education therefore are the keys to deterring Ecstasy use. Because Ecstasy has a short detection window of one to three days, the traditional Monday and after-every-holiday urinalysis test is not going to cut it. If a person uses Ecstasy on Friday they will most likely

be negative by Monday. Ecstasy users are well aware of this because there are dozens of Internet sites devoted to helping drug users beat urinalysis tests.

The Tripler Forensic Toxicology Drug Testing Laboratory, on the other hand, is devoted to helping Commands deter drug use. We have been confirming the presence of Ecstasy in urine specimens since 1995. Currently we screen all urine specimens for drugs in the Amphetamine family and confirm the presence and quantity of Ecstasy using the most advanced scientific methods.

In the coming year we will use new testing kits that are more specific for detecting Ecstasy. These new methods will allow us to lower the cut-off for a positive drug test and expand the time window for detecting the drug. All of these advancements however are only as good as the urinalysis sample. If we continue to conduct Monday and after-holiday testing and give members advance notice of urinalysis collection, experienced drug users will continue to beat the system and present a danger to themselves and others.

The drug deterrence program works if we educate members with accurate information and establish a truly random urinalysis program.

**Lt. Col. Mark R. Bruins, Ph.D.**  
**Forensic Toxicology Drug Testing Laboratory**

*(Editor's note: Lt. Col. Mark R. Bruins, Ph.D. is the commander of the Forensic Toxicology Drug Testing Laboratory at Tripler Army Medical Center.)*

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Building 1105, 449-2494 or 449-6475**

***www.hickam.af.mil/FamSup***

## **ARE YOU THINKING ABOUT ADOPTION?, Feb 20, 4:30-5:30**

**pm.** This class is designed to help prospective adoptive parents understand the costs, legal matters, and emotional and familial issues involved in the adoption process. There will be a question and answer period at the end of the class, so bring all your related concerns.

## **DEALING WITH DIFFICULT PEOPLE, Feb 6, 9:00-11:00 am.**

Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

## **DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS**

**COUNSELING, Feb 12, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

## **FAMILY READINESS BRIEFING, Feb 4, 11, & 25, 1:00-2:00**

**pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

## **INTERVIEWING WITH CONFIDENCE, Feb 19, 9:00-11:00**

**am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**INVESTING MADE SIMPLE, Feb 20, 2:00-3:30 pm.** This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

## **LOOKING FOR EMPLOYMENT IN HAWAII, Feb 5 & 26,**

**8:30-**

**11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Feb 6, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, Feb 13, 1:00-2:00**

**pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and introduce you to the services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws.

Active duty members must register through their orderly room. All others, please call 449-2494.

## **PLAYMORNINGS, Tuesday-Friday Sessions, Feb 5-28, 9:00-**

**11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING I, Feb 21, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Feb 28, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

**RETIREMENT STRATEGIES, Feb 27, 2:00-3:00 pm.** Will you have enough money for travel, hobbies, and recreational activities you want to enjoy? The high cost of retirement is a concern many Americans share. How much money will you need to retire? This educational workshop will help you prepare for retirement.

## **SELF-ESTEEM: I MAKE A DIFFERENCE!, Feb 20, 9:00-**

**11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

**SMOOTH MOVE, Feb 28, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Feb 7, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP,**

**Feb 12-14, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

## **VOLUNTEER ORIENTATION, Feb 7 & 21, 11:45 am-12:45 pm**

**(American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Feb 13, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

February is a wonderful time of year. Why? Because in the heart of winter, in the heart of this month, we are encouraged to keep love alive in our hearts. And certainly, to borrow a phrase from Burt Bacharach, "What the world needs now is love, sweet love, no not just for some but for everyone." But, we must ask, where does the capacity to love one another come from? Such all-encompassing, expansive love isn't really possible. Right?

Yes, humanly speaking, it's true. To love all people, regardless of race, color, creed, or other would be barrier, is not possible. History's record makes this truth abundantly clear. What is equally clear, however, is that God's love is able to change the human heart and condition. For example, those who are transformed and empowered by God's love stand apart from the rest. How so?

Well, first of all, they are filled with *Laughter*. God's love has set them free: from anger to joy; from hatred to harmony; from restlessness to peace. Theirs are the glad heart and the happy countenance (Proverbs 15:13).

Second, they are *Optimistic*. God's love gives them a new vision: from blindness to sight; from darkness to light; from fear to faith. Theirs are the heart and mind stayed on God (Proverbs 3:5-6).

Third, they are *Victorious*. God's love enables them to do the otherwise impossible: from can't to can; from won't to will; from don't to do. Theirs are the plans and work of the heart committed to God (Proverbs 16:3).

Fourth, they are *Energetic*. God's love emboldens them to greater service: from self to selflessness; from hoarding to sharing; from staying to going. Theirs are the deeds of

righteousness and justice flowing from the heart to others as unto God (Proverbs 21:3).

Yes, "What the world needs now is love . . . for everyone." And through God's love this goal is reachable: one heart at a time.

## Religious Faith and USCG History Calendar:

01 Feb 1944	Namur Island, Kwajalein Atoll Invasion
02 Feb 1944	Saldor, New Guinea Landings
02 Feb 2002	Presentation of Jesus at the Temple (Christian)
03 Feb 1943	USS DORCHESTER torpedoed: USCGC COMANCHE and ESCANABA rescue 230 survivors
03 Feb 2002	Four Chaplains Sunday (Christian/Jewish Interfaith)
04 Feb 1859	RC HARRIET LANE assists US Navy expedition in opening the Paraguay and Parana Rivers
06 Feb 1996	Coast Guard units assist many victims during severe flooding in the Pacific Northwest
09 Feb 1968	USCG vessels assist in the most important naval victory in Vietnam: the MARKET TIME blockade
10 Feb 1992	Alex Haley, retired USCG Chief Journalist, dies of a heart attack
12 Feb 2002	Shrove Tuesday (Christian)
13 Feb 2002	Ash Wednesday (Christian)
14 Feb 2002	Valentine's Day
14 Feb 1903	Transfer of the Lighthouse Service from the Treasury Department to the Department of Commerce and Labor
16 Feb 1926	Grounds at New London, CT obtained for construction of the USCG Academy
17 Feb 1944	Eniwetok & Engebi, Marshall Island Invasion
19 Feb 1941	USCG Reserve established
19 Feb 2002	President's Day
21 Feb 1943	USCGC SPENCER sinks U-529
22 Feb 1943	USCGC CAMPBELL helps capture U-606
22 Feb 1944	Parry Island (Marshall Islands) Invasion
23 Feb 2002	Eid ul Adha (Islam)
25 Feb 1942	Executive Order delegates port security to the USCG
26 Feb 1793	First Secretary of the Treasury, Alexander Hamilton, submits first list of all cutters to the Senate
26 Feb 2002	Purim (Jewish)

In God's love,  
Chaplain McKay



# Greensheet

National Council of Coast Guard Spouses' Club

## TWO CG WIVES WIN NATIONAL AWARDS

### CONGRATULATIONS TO MANDI STEHN *USO "Spirit of Hope" Award*

Mandi Stehn, Webmaster for CGSpouses.Net, was awarded the prestigious "Spirit of Hope" Award from the USO. The award was presented to her by Henry Mineta, Secretary of Transportation at the Washington, DC Coast Guard Ball, held at the Crystal Gateway Marriott, in Arlington, Virginia, on November 17<sup>th</sup>. Below is the announcement from the ball program:

*"The "Spirit of Hope" Award is given to USO entertainers and other distinguished Americans whose patriotism and dedication to the men and women of the Armed Forces reflect that of the USOs Ambassador of Good Will, Bob Hope. In November 1997, Bob Hope was designated the first and only honorary veteran of the United States for his decades of entertaining troops, both in peacetime and in combat zones.*

*The recipient of this year's "Spirit of Hope" Award is Ms. Mandi Stehn, a Coast Guard spouse of eleven years and the site owner and administrator of CGSpouses.Net, a web site developed to foster support, fellowship, and deliver essential information to CG spouses throughout the world. She has recruited a team of eight moderators ranging from a retired senior officer to a newly married enlisted wife. CGSpouse.Net offers camaraderie, support, and information at the click of a button: thus, combating the stressful effects of isolated duty and promoting the positive effects of what it means to be a Coast Guard family."*

### CONGRATULATIONS TO WANDA ALLEN-YEAROUT *2001 Novella Gibson Whitehead Award*

Wanda Allen-Yearout was awarded the 2001 Novella Gibson Whitehead Award by the National Military Family Association during their Annual Luncheon, November 14<sup>th</sup>, at the Army Navy Country Club, in Arlington, Virginia. The following is the award presentation from the Annual Luncheon Program:

*"2001 Novella Gibson Whitehead Award  
For the Representative who most fully embodies the true spirit of and dedication to the National Military Family Association*

*Since 1984, Wanda Allen-Yearout has been an exemplary NMFA Representative and Headquarters Volunteer. Wanda's concern, support and active participation with Coast Guard families, has made her a model representative whom many seek to emulate. Her contributions always go beyond normal expectations, because of her desire to improve NMFA's Representative program especially through her work with the McCormick Tribune Foundation Grant Committee.*

*Wanda is being recognized for her giving spirit and continuous contributions made to the Association and therefore to the quality of life of all military families."*

## NEWSLETTER/WEBSITE CONTEST

The time has come to submit your entries for this year's Newsletter/Website Contest. We kicked off the annual contest in the fall edition with the rules and submission information. It's time to blow the whistle and end this year's contest.

**Newsletter** entries from spouses' clubs and Ombudsmen: send your cover letters and 5 copies of your selected newsletter to Anne Perkins, 101 Main St., Thomaston, ME, 04848. Mailed entries must be post marked by 30 Jan. 2002. Spouses' clubs submitting their **websites**: send an email with the contact information and website address to: [Perk81@aol.com](mailto:Perk81@aol.com) no later than 30 Jan. 2002. Good luck to all of you!

## 2 GREENSHEET

### EDUCATION AND MILITARY CHILDREN

Our military families relocate an average of nine times during a twenty-year career. These moves create challenges for military children, inside and outside of the classroom. This problem is under study and many organizations have taken up the advocacy of military children: The National Military Family Association (NMFA), Military Child Education Coalition (MCEC), Military Impacted Schools Association (MISA), National Association of Federally Impacted Schools (NAFIS), and Special Training of Military Parents (STOMP). Together these organizations have identified several areas of concern and solutions.

#### Areas of Concern

**Continuity of instruction:** Each state and local school system bases their curriculum on their static population with each level building on the previous one. Military children from out of state or overseas enter these school systems for a few years and leave again.

**Curriculum differences:** Military children often repeat courses due to this difference, especially if the new school does not accept the credits from the last school.

**Grading systems/class ranking systems:** Courses in one state are not given the same grade points of another, high school honors courses are a good example. The different grading system may lead to a decrease in academic standing and class ranking.

**Credit variances:** Schools give varying credits to classes, especially combined or block schedules.

**Graduation requirements:** The number of credits and core classes differ from state to state. State history and government courses are usually required with no credit for the last state's history and government course.

**Special Education:** These students face even bigger challenges with each move. The new school often starts from square one again, testing before placement.

**The list goes on:** Gifted and Talented Programs, school records and their interpretation, scheduling, parent communication, state assessment tests, and emotional issues. High school graduation does not end the problems. Military children going on to postsecondary schools face legal residency requirements impacting the amount of tuition.

#### Possible Solutions

Partnerships: Parents with educators, installations with local schools, parents with the installation commanders, and legislators with DoD. Some examples:

- Military representative on the local school board
- School official as liaison to the military installation
- A military person acting as liaison for the installation commander to the local schools
- Orientation tours of the installation for educators and staff to understand the military lifestyle
- Adopt-a-school programs
- Parent resource teams to bring their expertise to the community
- Link school based websites with unit websites
- Military children peer counseling each other.

#### Flexibility and Reciprocity

Reciprocal agreements among school districts on giving equal credit for courses, tests, graduation requirements, and other schoolwork. This will allow every military child the opportunity to reach their academic, athletic, and social potentials.

#### Department of Defense

The Department of Defense has created the Educational Opportunities Directorate. This news office is under the Deputy Assistant Secretary of Defense for Military Community and Family Policy. Their sole focus is to create and implement strategies for improving collaboration between all agencies involved with educational opportunities for military related students. A main role is advocating for continued quality of education for military children levels K-12.

Two programs have grown out of this focus so far. The Community/School Partnership program pairs DoDEA schools with stateside schools that serve military families. And the Connect with America on Education is a three-part program run by DoD and MCEC that brings all involved parties together in regional roundtable discussions.

#### Effective and Efficient Funding

The Impact Aid program has never been fully funded. This must be corrected and an automatic funding mechanism put into place to avoid rehashing the issue every fiscal year.

#### Effective Advocacy

Every parent must advocate for his/her child. Parental involvement is necessary. Parents can accomplish this by: assisting/volunteering, keep regular communications with teachers, be knowledgeable of the curriculum, select challenging course for their children, and participate in school activities.



## 3 GREENSHEET

### This Quarter

**January** – Martin Luther King's Birthday, Healthy Weight, Birth Defects Prevention, National Eye Care

**February** – Valentine's Day, Presidents' Day, American Heart, Mardi Gras, Ash Wednesday, African American History, Child Passenger, Children's Dental Health

**March** – St. Patrick's Day, CG Ombudsman Appreciation Day, Women's History, Mental Retardation Awareness, Colorectal Cancer Awareness

### Ombudsman Corner

#### Quick List

One of the most important responsibilities of an Ombudsman is identifying resources for your specific location that your unit families will need. Gathering this information, organizing it for use, and updating it on a regular basis will keep your resource files accurate.

Once this task is complete, it will be very helpful to bring all the information together in a "quick list." This listing lets you see all your important numbers on one sheet. If you put this sheet in a plastic document cover and place it in your phone log it will be easily accessed and will take lots of wear and tear.

Listed below are some suggested numbers you might need on your "quick list".

- Commanding Officer and Executive Officer (work, home, cell, pager)
- Unit/Admin
- Command Master Chief (work, home)
- Other Ombudsmen
- Officer of the Day
- Command Center
- Mutual Assistance Officer
- PERSRU
- Housing
- Health Benefits Advisor
- ID Cards
- Public Affairs
- Medical Appointments
- Exchange
- Commissary
- Child Care Center/Family Child Care Providers

- Legal
- MWR
- Work-Life Staff
- Red Cross
- Domestic Violence Hotline/Shelter
- Food Stamps/WIC
- Fire Police/Security
- Ambulance
- Poison Control
- Humane Society
- School District Office
- Elem./Middle/ High Schools
- Vehicle Registration/Drivers' License
- Voters' Registration

### Rights and Benefits

As of press time:

- Effective 1 January the **basic pay** raise ranges from 5 to 15 % depending on rank and time in service.
- **Basic Allowance for Housing** will be increased by an average of 10%.
- The **Subsistence Allowance** will increase for officers, enlisted on separate rations, and enlisted members required to eat in dining halls.
- **Per Diem** rates will increase to match rates for civilian federal workers.
- The reimbursement for fees related to **pet quarantine** will be \$550 per PCS.
- **Dislocation Allowance** will now be paid for: initial duty moves, families forced to vacate quarters, and dual military couples without children.
- **Frequent Flyer miles and other promotional items** now may be kept by the military member and their dependents. (IRS studying this)
- Owners of private vehicles in storage during overseas assignments will be able to get **storage fees** in advance.
- **Student travel** has been expanded to include military dependent students enrolled in foreign study program at US based schools whose military sponsor is stationed overseas.
- Some **commissaries** will begin selling cards and magazines in February.
- Military **retirees** will receive a 2.6% **COLA** increase
- The Defense Commissary Agency reports savings of 30.4% when comparing items with same UPC codes between commissaries and civilian grocery stores in the continental US.
- The **fee for shipping a car** between stateside duty assignments will be paid to the amount it would cost to drive the car to the new duty assignment.

## 4 GREENSHEET

### Scholarship Information

Coast Guard Mutual Assistance Education Grant Programs for spouses and dependent children **will not** be funded for the 2002-2003 school year. This action was necessary to ensure the most needed financial assistance requests could be met this year. Look for this program to return in future years.

### Passwords

By Wanda Allen-Yearout

Isn't technology wonderful? I am always totally amazed at all the new gadgets and their abilities. And have you noticed everything needs a pin number or a password? It boggles the mind.

When I sit down at my workstation (computer) at work, I have to log on with a password. That's not difficult, but I have to change it every 90 days. Now I could take the easy way out and just pick one password and just keep changing it by adding a numeral starting with one and go on to infinity. I, on the other hand rack my brain to come up with something new every 90 days.

I came up with a system to use holidays and dates important to me as passwords. I've used: *cgp picnic*, *milspouseday*, *easteregg*, *fireworks*, *hohohoho*, *ombudday*, *mybday*, etc. The password had to be something simple I could actually remember without writing it down. Hey! I didn't major in rocket science; it was Child Development and Family Relations. I really identify with children giving their attention to holidays and food rather than technical stuff.

The beginning of September, I sat down at my workstation, logged on, and was told my password would expire in 5 days. It wanted to know if I wanted to change my password right then. I thought, "Sure! Now let me just think a minute." I happened to be feeling like Chicken Little that day with my sky starting to fall on my head. Before I realized what I was doing I had typed in: *godhelpme*. Yes, that seemed to say it all that day.

A few days later, on September 11<sup>th</sup>, I watched with the rest of the world as the Twin Towers fell, the Pentagon was hit, and the jet crashed in Pennsylvania. I was scared to death. I talked to all my children and didn't hang up without saying, "I love you." I just needed to hear their voices. Then I went to work to take care of my Ombudsmen. With

several units underway, I knew they would be waiting to hear from me.

As I sat down at my workstation, I logged in with *godhelpme*. I stopped for a moment and thought. I took a couple of deep breaths, dried my eyes, and got to work. Every time I left my desk that day for coffee or a look at the TV reports, I came back to my locked workstation and had to re-enter my password. Each time I logged in with *godhelpme*, I was really praying for the strength to get through the day. I knew I had to stay calm for my Ombudsmen, and they had to stay calm for their unit families. It worked like a line of dominoes. I couldn't be the one to start the whole line falling.

As the days and weeks passed, *godhelpme*, started my workdays off with the support I needed the most. Then it occurred to me that I needed a positive affirmation as my password from now on. A password to get me moving in the right direction to a goal, or a challenge. It worked so well before, why not try again.

In the beginning of December, the computer told me my password was expiring and I could change it now. "OK", I thought, "I'm ready for you this time." Being the weight challenged, middle-aged woman that I am, I very calmly typed in *loseweight*. The goal was set and the daily mantra evoked. One month later I was ten pounds lighter.

### National Council of Coast Guard Spouses' Clubs

<b>Honorary Advisors:</b>	Kay Loy, Nancy Collins
<b>Advisor:</b>	Brenda Bell
<b>Co-Chairs:</b>	Lori Stillman, Judy Brusseau
<b>Admin.:</b>	Trena Stalfort
<b>Finance:</b>	Anne Perkins
<b>By-Laws:</b>	Judy Brusseau
<b>Communications:</b>	
Website Coordinator;	Mandi Stehn
GREENSHEET Editor	Wanda Allen-Yearout
Newsletter Contest	Anne Perkins
Co-Chairs	Wanda Allen-Yearout
<b>Work Life Liaison:</b>	Elaine Sweetland

Contact Board members at: [www.cgspouses.net/clubs/](http://www.cgspouses.net/clubs/)  
Contact GREENSHEET Editor, Wanda Allen-Yearout, by email at [yearout@aol.com](mailto:yearout@aol.com). Please submit any fundraising or organizational tips for your club.

Ombudsmen are also encouraged to submit issues/concerns for the Ombudsman Corner.

Deadline for the Spring Edition is March 8, 2002.



# OAHU HOUSING CORNER FEBRUARY 2002

## 2001 FOURTH ANNUAL HOLIDAY DECORATION CONTEST

We appreciate all the hard work and creativity from all the residents who participated in our Third Annual Holiday Decoration Contest.



### CONGRATULATIONS TO OUR WINNERS

For the Officers, we had a tie:

2001 Welcome Place, CWO2 Troy T. Luna and Family

2002 Welcome Place, CWO2 Paul I. and CPO Leesa J. Morgan, and Family



For the Enlisted:

903 Kukui Drive, BM3 Timothy M. Smothers and Family.

### Pet Owners



Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or enclosed yard assigned and **shall not** be permitted to run at large. When walking your dog, all pet owners will pick up and dispose of all pet droppings.

### Vehicles and Parking

**UNDER NO CIRCUMSTANCES SHALL A GUEST BE ALLOWED TO PARK WITHIN THE COURT**



Parking in courts of KKH is limited to tenants only. Each KKH unit is assigned one specific covered parking stall. Unnumbered and uncovered spaces are available on a first-come, first-served basis, and only for tenants of that court. Visitors are required to park on curbside, on the street in areas that are not painted red. All cars parked in KKH areas, whether it be tenants or guests shall have an current registration sticker, safety inspection sticker, and, when applicable, DOD sticker. Violators will be reported to the Fort Shafter Military Police and will be ticketed accordingly. Vehicles not displaying the DOD sticker, expired license plates, or safety inspection decals for more than 72 hours will be subject to towage at the owner's expense.



### REMINDER THAT 100% ID CHECKS AND RANDOM VEHICLE CHECKS ARE STILL IN EFFECT

- Vehicles entering Coast Guard housing will be required to have DOD stickers, valid military ID and subject to random vehicle searches.
- Houseguests staying for eight days or longer, approved family care plan personnel, approved caregivers, agent card holders are required to obtain an **Installation Access Pass**. Call KKH Housing Office at 831-2766 or go to the KKH Housing Office for information/forms.
- Residents providing childcare to individuals **without** valid military ID and DOD stickers must be met at the gate and escorted through.

Once again, the Housing Office asks for your continued patience and appreciates the cooperation that you have extended to our Security guards.

We encourage residents to be suspicious about strangers, unidentified vehicles and/or abandoned parcels or other types of containers.

Report **ANY** suspicious and/or unusual activity to the Ft. Shafter **Military Police** at **438-7114/7116** or call **911**.

## Supervisor's Corner

By LCDR Walt Wrzesniewski, USCG

### Identity Theft

Aloha,

The FTC just reported that "Identity Theft" was the #1 consumer complaint for the last two years. It comprised 23% of all complaints in 2000 and 43% in 2001.

We recently had a young man report aboard. During his check-in with me, he disclosed that someone stole—and is using—his Social Security Number. This, of course, is identity theft, which could wreak financial and/or legal havoc in his life.

The ISC PERSRU and the D14 Legal Assistance Office are busy helping our shipmate, but he's in for some challenges.

Serendipitously, on the same day I checked this guy in, I read December's *Money Magazine*. In it, Jean Sherman Chatzky's monthly article was about identity theft. It's a short article that I thought was a timely way to alert Team Coast Guard.

Following is Ms Chatzky's article reprinted, exclusively, in your Blue Horizon, with the special permission of Money Magazine.

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## Money Talk

By Jean Sherman Chatzky

### To Catch a Thief

**A scam artist explains how to guard against identity theft**

As an avid mystery reader, I know that all great sleuths have one thing in common: an understanding of the criminal mind. In fact, Kinsey Millhone, Sue Grafton's private eye, has suggested that if she weren't chasing crooks, she'd be a pretty good one herself. So when I was offered the chance to talk with former scam artist and imposter Frank Abagnale about identity theft, I jumped at it.

Identity theft is a huge and growing problem. According to the Privacy Rights Clearinghouse, it claims half a million victims annually and costs financial institutions more than \$5billion. Worse, the crimes themselves are becoming more sophisticated. Early identity thieves were happy to dig a pre-approved credit-card solicitation out of your trash and apply for a card in your name. Today they get loans, mortgages, even jobs. Then they let the Internal Revenue Service come after you for back taxes.

If it happens to you, you're basically on your own, although six identity-theft bills have been introduced in Congress, and Federal Trade Commissioner Timothy J. Muris says, "We're taking steps to make it easier for people who have been victims of identity theft to rehabilitate themselves."

The bottom line: In identity theft, as in football, your best offense is a good defense. The basic principle, says Abagnale, whose book *The Art of the Steal* came out in October, is to stay tight-lipped. Don't give out your Social Security number unless absolutely necessary. Don't print more than your

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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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January 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 1

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We, your Work-Life Staff, continue to welcome opportunities to assist you. Feedback on this monthly newsletter is especially appreciated, as we respond to your interests and concerns. Contact us through our website, [www.ischon.net/c/cw](http://www.ischon.net/c/cw), or at 808-541-1580.

Electronic versions of the last six issues of *The Blue Horizon* are available on-line. Visit our website at [www.ischon.net/c/cw/the\\_blue\\_horizon2.htm](http://www.ischon.net/c/cw/the_blue_horizon2.htm)



Mission Statement: *Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.*

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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

One of the positive effects of the September 11<sup>th</sup> attacks is the resurgence of worship attendance across our nation. Why is this the case do you suppose? No doubt, the answers vary from person to person, but consider the following ones.

First, in a changing, uncertain world we all need a solid, dependable Anchor. And certainly no thing and/or no one is more reliable than God. Indeed, the Christian Bible declares this truth time and again (for example, Numbers 23:19; Psalm 102:27; Malachi 3:6a; James 1:17; and Hebrews 13:8).

Second, life's crises have a way of causing us to re-evaluate all we consider important. Suddenly, some of the things we placed before at the top of our list now fall toward the middle, bottom, or even off the list altogether. "No" is uttered from our lips more often, as we earnestly protect our relationships with God, self, family, and others.

Third, as a result, connecting with those who share, encourage, and support our life's values, principles, and morals becomes a priority. Being an active participant in a worshipping community takes on new meaning and purpose. Simply stated, we do not desire to be the proverbial coal sitting apart from the warmth and glow of faith's fire.

An unknown author says it well in the poem "This is My Church": "A *Door* into an opportunity for service, into the most useful life, into the best experience, into the most hopeful future—my church gives me a start. An *Armory* to get power to fight evil, to get inspiration to keep going right, to get an uplifting influence, to learn how to use spiritual weapons, to get a vision of the Lord—my church keeps me moving. An *Anchor* to steady me in the storm, to keep me from the

breakers, to guide me in the strenuous life, to hold me lest I drift away from God, to save me in the hour of temptation—to lead me into the harbor."

May we each know such a Door, Armory, and Anchor is my sincere prayer, for then we'll experience all the more God's love, peace, and joy throughout 2002 and beyond.

## Religious Faith and USCG History Calendar:

01 Jan 2002	Mary, Mother of God (Catholic Christian) Feast of St. Basil (Orthodox Christian) Naming & Circumcision of Jesus (Christian)
01 Jan 1850	Minots Ledge Lighthouse begins service
01 Jan 1946	USCG returns to U. S. Treasury Department
02 Jan 1956	CAPT Chester E. Dimick, "Dean" to the cadets, dies at his home in Tryon, N. Carolina
03 Jan 1944	First mercy mission by a rotary wing aircraft conducted by CDR Frank Erickson
05 Jan 2002	Twelfth Night (Christian)
06 Jan 2002	Epiphany (Christian) Christmas (Orthodox Christian)
08 Jan 1958	USCG LORAN Station at Johnston Island begins service
10 Jan 1844	First annual report of Revenue Marine Bureau submitted to Congress
12 Jan 1943	Landings at Amchitka, Alaska
13 Jan 2002	Baptism of Jesus (Christian)
15 Jan 1983	First ever USCG aerial seizure made by Air Station Barbers Point C-130
18-25 Jan 2002	Week of Prayer for Christian Unity
21 Jan 1881	Tillamook Lighthouse begins service
21 Jan 1897	Secretary of Treasurer authorized to award life-saving medals
22 Jan 1944	Landings at Anzio-Nettuno
25 Jan 1799	First legislative reference by Congress to "revenue cutters"
28 Jan 2002	Tu B'shevat (Jewish)
28 Jan 1915	Congress creates the USCG by consolidating the Life-Saving Service and the Revenue Cutter Service
28 Jan 1986	USCG conducts search and rescue effort for crew of NASA's Space Shuttle <i>Challenger</i>
31 Jan 1948	Mrs. Fannie M. Salter retires as keeper of Turkey Point Lighthouse, thereby ending nearly 150 years employment of women in the U. S. Lighthouse Keeping Service.

In God's love,  
Chaplain McKay



# The Diet Cycle

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional health promotion program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

You know how it goes: You go on a diet. Soon you feel deprived of the foods you like. Then you cheat. So you go on a more extreme diet, cheat again and feel even worse about your failure. As the cycle continues, you feel increasingly unhappy with your body and out of control with food. The extra pounds don't really decrease, but your self-esteem certainly takes a dive. The following article is a service of IDEA, the leading international membership organization in the health and fitness industry and Ms. Lisa Druxman, MA, creator of the Learning Eating Awareness and Nutrition program. The very common yet vicious dieting cycle may be more harmful than you imagined:

- Eating between 500 to 1200 calories per day (typical of diets) slows your metabolism, may result in loss of muscle (which you don't want to lose) and may not supply the nutrients you need to be healthy
- Some studies suggest that dieting may prevent your body from producing enough serotonin to maintain your mood level, leading to food cravings and over consumption of carbohydrates and sugar.
- Some experts believe the body fights to maintain a natural set point, regardless of food intake, and diets might even elevate the set point and increase the size and number of fat cells.
- The dieting cycle can produce feelings of deprivation, self-blame, lowered self-esteem, stress and depression.

Trying the following 10 steps may help break the diet cycle and start a healthy relationship with food:

1. **Redefine Health.** Start to measure your well being by how you feel rather than by what number you see on the scale. Are you strong? Do you have energy throughout the day? Can you walk up three flights of stairs without being out of breath? How is your cholesterol and blood pressure?
2. **Counteract Societal Pressure.** Stop basing your goals on the images you see around you. TV ads for exercise equipment, diet supplementation, even wrinkle cream, are commonly manipulated to portray ideals, not reality.

3. **Choose a Realistic Target Weight.** Are you shooting for a weight that you have not had since high school or college? Take an honest look at your beliefs about your ideal weight. Do you think it will result in a perfect body and a perfect life? Recognize the difference between your fantasies of weight loss and reality. Health care professionals such as nutritionists, physicians, your Unit Health Promotion Coordinator (UHPC), and your Health Promotion Manager (HPM) can help you achieve a new perspective.
4. **Make Sure the Timing Is Right.** If you are facing multiple stressors (those multiple family holiday expectations or a new relationship) or looking for short-term results, move slowly. Real change takes long-term commitment and a supportive environment. By taking small steps you will avoid becoming overwhelmed and sabotaging long-term success.
5. **End Deprivation.** Do you feel addicted to certain foods? Chocolate? Cheese? You may actually be responding to deprivation. Take foods off your forbidden list and, in time, you are likely to stop overindulging. However, this process is slow and professional guidance (your UHPC or HPM) may help.
6. **Shift the Paradigm.** Start concentrating on eating healthier, feeling better, and being more active. Stop focusing on "good and bad" foods.
7. **Take Baby Steps toward Better Choices.** Instead of giving up pizza altogether, try ordering with chicken rather than pepperoni, or go lighter on the cheese topping.
8. **Set Different Goals.** Make physical activity - not dieting- your priority. Again, take small steps so you feel successful, rather than trying too much and setting yourself up for failure.
9. **Build a Support System.** Find supportive people, and teach them how to give you support, such as providing feedback for positive changes you've made, rather than negative comments for slips.
10. **Find Positive Reinforcers.** Make a list of positive reinforcers for encouragement, such as a massage, a new video game or some quality time with your family. Treat yourself after periods of



regular exercise or other sustained healthy new behaviors. Remember, you can break the diet cycle!



## FOURTEENTH COAST GUARD DISTRICT - LEGAL ASSISTANCE OFFICE

Greetings and best wishes for this New Year 2002!

The District Legal Office is pleased to announce the arrival of your new legal assistance attorney, BELINDA C. ALCANTARA. Ms. Alcantara has extensive prior experience in providing legal aid in Guam and Hawai'i.

Please be advised that the Legal Assistance Office is here to help with your personal legal needs. Legal assistance and advice may be provided in a variety of areas: wills, powers of attorney, advance directives for healthcare needs, landlord-tenant and consumer affairs, taxes, domestic relations (non-support/family law issues), and your other civil law needs. Thinking of buying a car and/or renting an apartment and have questions? Make an appointment and come in if you have questions about your rights, documents, or concerns. The best way to avoid problems later is to **be informed before you sign.**

As tax season is already upon us, the Legal Assistance Office's hours are **by appointment** as follows:

**Tuesday and Wednesdays 9 - 3 p.m.** Location to be determined on a case-by-case basis.

Legal Assistance Office hours will be adjusted after tax season. Please call **541-2108** and speak with YN1 Ken Heaton if you would like to make an appointment.

### SATELLITE TAX CENTER - VOLUNTEERS NEEDED

Like doing income tax returns? Like helping others? This is an invitation for volunteers to staff this year's Volunteer Income Tax Assistance (VITA) Program. The VITA program is an IRS tax assistance program where volunteers help Coast Guard members prepare and file their federal and state tax returns. Last year, the program provided \$20,000 worth of free tax services to Coast Guard members on Oahu and the outer islands. Volunteers are the key to success for this wonderful quality of life program. The Satellite Tax Center will be located at ISC and is set to open 5 February 2002.

Volunteer tax preparers may be Military (members & dependents), auxiliary, and civilian members. Tax volunteers ideally should be willing to assist 6-8 hours per week during the tax season, which runs approximately from 5 February through 12 April. Work schedules are TBD, depending on the level of interest. One of the many benefits to being a volunteer is **free Internal Revenue Service's training** on tax preparation. Volunteers will attend either of the following mandatory training sessions:

- A. Volunteer Income Tax Assistance training (VITA) 8-11 (Tues-Fri) January 2002 and Electronic tax filing (ELF)/computer training 28-30 (Mon-Wed) January 2002; **or**,
- B. Volunteer Income Tax Assistance training (VITA) 22-25 (Tues-Fri) and Electronic tax filing (ELF)/computer training 28-30 (Mon-Weds) January 2002.

Anyone interested please sign up with YN1 Ken Heaton via e-mail or phone, 541-2108.

BELINDA C. ALCANTARA, Legal Assistance Attorney  
Fourteenth Coast Guard District Legal Office

# Resolutions You Can Bank On

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

A good New Year's resolution is to become financially fit. How do your finances weigh in? Whether you're concerned about retirement or just looking to clean up your finances, the first step is to ask and answer three questions: Where are you now? Where do you want to be? And how do you get there?

## Where Are You Now?

To assess where you stand, you need to determine your net worth. Your net worth is the value of everything you own (your assets) minus what you owe (your liabilities). Your net worth is a better barometer of your finances than your income because your net worth represents all your past financial decisions.

Assets include items like your house, car, 401(k) or TSP, savings and household furnishings. When listing your liabilities, include your mortgage, car loan, student loans, credit cards and all other loans and debt. Subtract your liabilities from your assets to get your net worth.

## Where Do You Want to Go?

Once you know the status of your financial affairs, then it's time to figure out where you want to go. This is important because, as they say, "If you don't know where you want to go, any road will get you there." This means without goals, your chances for financial success are greatly diminished.

First, set short, medium, and long-term goals. After setting your goals, attach a dollar amount to each one and a timeframe for achieving them. Without a dollar amount and a timeframe, goals are just wishful thinking.

When your goals are set, you need to put in place the tools to help you achieve them. Resolve to set up a budget and stick to it. Start saving money. When you are about to make a purchase, ask yourself if what you're buying today is worth the money you lose toward future goals. At the same time, start reducing debt. If possible, have payments directly deducted from your checking account. Pay the full amount on your credit card bills as soon as they arrive. Also, consider switching to credit cards with lower rates.

## How To Achieve Your Goals

Two areas most people often overlook are tax and investment strategies. First, carefully examine your return from last year to see where you can reduce your taxes for the upcoming year. Contribute the maximum amount to a tax-deferred retirement plan like TSP, 401(k) or IRA.

It would be a good idea to resolve in 2002 to start thinking about a long-term investment strategy. Success in reaching your goals means activating your plan. No goal setting process is complete unless the goals are put into action.

Get a clear fix on what you want to accomplish. Visualize yourself achieving your goal. Imagine your lifestyle, your house, your income, and financial security. What do you want your money to do for you? Remember to set a realistic timeframe for reaching each goal.

## Resolve to Keep Good Records

Getting your financial papers organized will save you money, time, and aggravation. This resolution could make all other financial dealings easier.

People who are better organized seem to do better financially; they know what they have. They know more about their finances. If you are organized, you'll save money too.

This can seem like a hassle at first, but it gets easier. You'll be able to accurately itemize your tax write-offs. You can avoid bounced checks and late

fees. Managing your money will no longer be a headache.

Finally, remember that it can take several months for a new habit to take hold. Also bear in mind that the key to making financial resolutions work is to set clear-cut goals and work towards them.

Type of Record	Length of Time to Keep – And Why
<b>Taxes</b> - Returns - Canceled checks or receipts (alimony, charitable contributions, mortgage interest and retirement plan contributions)	<b>Seven Years</b> - The IRS has 3 years from your filing date to audit your return if it suspects good faith errors - The 3 year deadline also applies if you discover a mistake in your return and decide to file an amended return to claim a refund - The IRS has 6 years to challenge your return if it thinks you underreported your gross income by 25% or more - There is no time limit if you failed to file your return or filed a fraudulent return
<b>IRA Contributions</b>	<b>Permanently</b> - If you make a nondeductible contribution to an IRA, keep the records indefinitely to prove that you already paid tax on this money when the times come to withdraw
<b>Retirement/Savings Plan Statements</b>	<b>From One Year to Permanently</b> - Keep the quarterly statements from your 401(k) or other plans until you receive the annual summary; if everything matches up, then toss the quarterlies - Keep the annual summaries until you retire or close the account
<b>Bank Records</b>	<b>From One Year to Permanently</b> - Go through your checks each year and keep those related to your taxes, business expenses, housing and mortgage payments - Throw away those that have no long-term importance
<b>Credit Card Receipt and Statements</b>	<b>From 45 Days to Seven Years</b> - Keep your original receipts until you get your monthly statement; toss the receipts if the two match up - Keep statements for seven years if tax-related expenses are documented
<b>House/Condominium</b>	<b>From Six Years to Permanently</b> - Keep all records documenting the purchase price and the cost of all permanent improvements-such as remodeling, additions, and installations - Keep records of expenses incurred in buying and selling the property, such as legal fees and your real estate agent's commission, for six years after you sell your house - Holding on to these records is important because any improvements you make on your house, as well as expenses in selling it, are added to the original purchase price or cost basis. This adds up to a greater profit (also known as capital gains) when you sell your house. Therefore, you lower your capital gains tax.
<b>Bills</b>	<b>From One Year to Permanently</b> - Go through your bills once a year - In most cases, when the cancelled check from a paid bill has been returned, you can get rid of the bill - However, bills for big purchases – such as jewelry, rugs, appliances, antiques, cars, collectibles, furniture, computers, etc. - should be kept in an insurance file for proof of their value in the event of loss or damage

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Building 1105, 449-2494 or 449-6475**

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

**CHOOSE A WINNING MUTUAL FUND, Jan 30, 1:30-2:30 pm.** In an up-and-down, roller coaster market, how do you pick a winning mutual fund? With over 8,500 mutual funds available, it can be a confusing task. This class will show you techniques that will clear the water and help you reach your goals.

**CONFLICT RESOLUTION, Jan 23, 9:00-11:00 am.** Join us to learn how to keep your head, cool, and control; and resolve conflict positively. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Jan 8, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Jan 30, 9:00-11:00 am.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Jan 7, 14, & 28, 1:00-2:00 pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**HOME BUYING 101, Jan 23, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" How many "points" should I pay? Does the VA lend money? Answers to these questions and more will be explored. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**INTERVIEWING WITH CONFIDENCE, Jan 22, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**LOOKING FOR EMPLOYMENT IN HAWAII, Jan 15 & 29, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MARKETING YOURSELF FOR A SECOND CAREER, Jan 15, 9:00-11:30 am (Memorial Theater).** This "free" program is targeted for officers and NCOs who plan to leave the service in the next five years. Retired Colonel Jerry Crews from The Retired Officers' Association (TROA) will discuss the competition for finding a job, employer perceptions, and a plan for your job search; and provide tips on resumes, interviews, and benefit packages.

**MONEY MANAGEMENT, Jan 9, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NATIONWIDE SPECIAL AGENT RECRUITMENT – FBI, Jan 31, 11:00 am-12:30 pm.** Ms. Cathy Klawiter, Special Agent, will provide you with information on their 2002 recruitment for special agents nationwide. Must have a 4-year college degree from an accredited institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

**NEW TO HAWAII FINANCIAL BRIEFING, Jan 16, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Jan 8-31, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING I, Jan 17, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

**RESUME WRITING II, Jan 24, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

**SMOOTH MOVE, Jan 24, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Jan 3, 9:00-11:00 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Jan 8-10, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Jan 3 & 17, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Jan 9, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Jan 16, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

**HAPPY NEW YEAR**



# OAHU HOUSING CORNER JANUARY 2002

## DZS/BAKER LLC Maintenance Contractor “Tidbits”



### **NATIONAL FIRE PREVENTION**

Hesitation about whether an alarm is real or what to do next could prove fatal in a home fire. The best way to survive a home fire is to get out fast! That's why practicing fire drills is so important. According to the National Fire Protection Association, people can survive even major fires in their homes if they are alerted to the fire in time and know what to do. There is no time to plan during a fire emergency. Please make the time today, to sit down with your family and prepare a step-by-step plan for escaping a fire in your home. Here are some simple steps to get you started: When the smoke alarm sounds, every second counts.

#### **Install Smoke Alarms**

- Keep them in working order
- Test the alarms monthly
- Change the batteries twice a year (any alarm that is more than 10 years old should be replaced)

#### **Make an Emergency Escape Plan**

- Draw a floor plan of your home, marking two ways out of every room (include windows as exits)

#### **Practice Exit Drills**

- Conduct fire drills in your home
- Make special arrangements for children, older adults, and people with disabilities
- Agree on a meeting place outside your home where every household member will gather, after escaping, to await the fire department

### **GET OUT!**

- DO NOT STOP for anything
- DO NOT try to rescue possessions or pets
- Go directly to your designated meeting place then call the fire department

### **STAY OUT!**

- Once you are out of your home, DO NOT GO BACK!
- If others are trapped, firefighters are best equipped and have the best chance of a successful rescue effort

This information is provided to you through the collaborative efforts of the NFPA and Safe Not Sorry, “The Home Safety People.”



### **HOLIDAY DECORATIONS**

We appreciate all the hard work and creativity from all the residents who participated in our Third Annual Holiday Decoration Contest. We encourage all our residents to start taking down all of your holiday lights and decorations. Please think SAFETY FIRST when removing your decorations, especially if you are climbing up and down from your roof.

### **DISPOSAL OF YOUR CHRISTMAS TREES**



Christmas Trees can be disposed of by placing them at the curbside for pick-up by our DZB contractors. Please ensure the trees are placed properly off the roadway, so as to not impede traffic.



# THE COST OF CHILDREN

I have seen the breakdown of the cost of raising a child, but this is the first time I have ever seen the rewards listed this way. The government recently calculated the cost of raising a child from birth to 18 and came up with \$160,140 for a middle income family.

Talk about sticker shock! That doesn't even touch college tuition. But \$160,140 isn't so bad if you break it down. It translates into \$8,896.66 a year, \$741.38 a month, or \$171.08 a week. That's a mere \$24.44 a day!

Just over a dollar an hour. Still, you might think the best financial advice says, don't have children if you want to be "rich." It is just the opposite.

## **What do you get for your \$160,140?**

Naming rights. First, middle, and last!

Glimpses of God every day.

Giggles under the covers every night.

More love than your heart can hold.

Butterfly kisses and Velcro hugs.

Endless wonder over rocks, ants, clouds, and warm cookies.

A hand to hold, usually covered with jam.

A partner for blowing bubbles, flying kites, building sand castles.

And skipping down the sidewalk in the pouring rain.

Someone to laugh yourself silly with no matter what the boss said or how poorly your stocks performed that day.

For \$160, 140, you never have to grow up. You get to finger-paint, carve pumpkins, play hide-and-seek, catch lightning bugs, and never stop believing in Santa Claus.

You have an excuse to keep: reading the Adventures of

Piglet and Pooh, watching Saturday morning cartoons, going to Disney movies, and wishing on stars.

You get to frame rainbows, hearts, and flowers under refrigerator magnets and collect spray painted noodle wreaths for Christmas, hand prints set in clay for Mother's Day, and cards with backward letters for Father's Day.

For \$160,140, there is no greater bang for your buck.

You get to be a hero just for retrieving a Frisbee off the garage roof, taking the training wheels off the bike, removing a splinter, filling a wading pool, coaxing a wad of gum out of bangs, and coaching a baseball team that doesn't always win but always gets treated to ice cream regardless.

You get a front-row seat to history to witness the first step, first word, first bra, first date, and first time behind the wheel.

You get to be immortal.

You get another branch added to your family tree, and if you're lucky, a long list of limbs in your obituary called grandchildren.

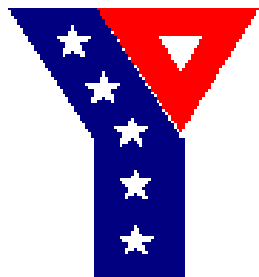
You get an education in psychology, nursing, criminal justice, communications, and human sexuality that no college can match.

In the eyes of a child, you rank right up there with God.

You have all the power to heal a boo-boo, scare away the monsters under the bed, patch a broken heart, police a slumber party, ground them forever, and love them without limits, so one day they will, like you, love without counting the cost.

ENJOY YOUR KIDS AND GRANDKIDS!!!!!!!





**Armed Services YMCA/AMR**  
**January 2002 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

### **PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

### **THEME FOR JANUARY--Animals**

#### **LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

#### **LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:30-11:00
- Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

### **KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

### **LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins January 10 through February 14, 2002. **Payment for this class is due no later than Jan. 3, 2002.** Another Class will begin on February 21 through March 18, 2002. **Payment for this class is due no later than February 14, 2002.** Any questions please call us at 833-1185.

### **T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

### **INFANT/CHILD CAR SEATS**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required..

### **WELCOME BABY**

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

### **NOW OPEN!!!!!!**

### **CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

### **IMPORTANT DATES TO REMEMBER:**

1. MONDAY JANUARY 21, 2002—  
Martin Luther King Jr. Day  
**ASYMCA CLOSED.**
2. MONDAY JANUARY 7, 2002—  
**NO PLAYMORNING** due to  
Staff training.

**HAPPY NEW YEAR!**

<b>21/20 MONDAY</b> <b>PLAYMORNING</b> <b>HAPPY</b> Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am <b>NEW YEAR!</b> <b>Reminder:</b> <b>Jan 21<sup>st</sup> is Martin Luther King Jr. Day. ASYMCA</b> <b>WILL BE CLOSED. No Playmorning.</b>	<b>22/21 TUESDAY</b> <b>1 PLAYMORNING</b> Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am Moanalua-9:30-11:00am	<b>23/20 WEDNESDAY</b> <b>2 PLAYMORNING</b> Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am Manana-9:30-11:00am	<b>24/23 THURSDAY</b> <b>3 PLAYMORNING</b> Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am Catlin/Halsey-9:30-11:00am	<b>25 FRIDAY</b> <b>4 PLAYMORNING</b> Amr-9:30-11:00am Hale Moku-9:30-11:00am Hale Moku-9:30-11:00am
<b>7</b> <b>NO PLAYMORNING</b>  <b>STAFF TRAINING.</b>	<b>8</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>9</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>10</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>11</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>14</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>15</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>16</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>17</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>18</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am



## Tripler Army Medical Center News Release

### ***Ask the Doc: Most supplements not regulated for safety, effectiveness***

#### **Tripler Army Medical Center Family Practice Clinic**

**Q: I work out hard, but always fall short of maxing the APFT by just a few points. Some of my buddies swear by mega-vitamin and supplement packs. Is there anything out there that can give me the boost I need?**

A: First of all, great job on your dedication to physical training and on your desire to excel to the utmost. Although many athletes use dietary supplements in the hopes of improving their performance, mega-vitamins, herbs and most other supplements can be extremely costly and are not regulated for safety or effectiveness like over the counter medications and prescription drugs. Some supplements have even been linked with sudden death in otherwise healthy active duty soldiers. Watch out in particular for products containing ma huang, also known as ephedra, which can cause heart problems. Products containing steroids can cause permanent breast and genital changes; most are illegal. Creatine seems to be a relatively safe supplement in normal doses, but long-term effects are not known and high doses have caused kidney problems in animals. Moreover, the effectiveness of creatine seems to vary based on the individual as well as the activity. Mega-dose vitamins are toxic over the long term and are able to cause everything from eye to nerve problems. For soldiers on flight status, the use of mega-dose vitamins is medically disqualifying (APL 141).

As a rule of thumb, more is NOT better when it comes to using supplements. If you choose to use supplements, it is important to let your physician know, especially if you are being seen for an acute problem or are undergoing surgery. For the best bet in improving your physical performance, see a Master Fitness Trainer who can help you work on your push up and sit up technique as well as individualize an exercise program for you. With the proper motivation and training, your physical performance goals are sure to be met without supplements that can affect your health!

**Q: Since I've come onto active duty, I've had really bad acne outbreaks even though I scrub my face three times a day and avoid greasy foods and chocolate. My official photos are coming up in a few months and I feel so ugly! What else can I do?**

A: Acne commonly affects young adults and sometimes older adults as well. Too often, acne can be an unnecessary source of embarrassment, leading to social withdrawal and a poor self-image. Contrary to popular belief, it is not caused by poor personal hygiene or by eating certain foods. Acne is actually caused by plugged skin follicles. During times of hormonal change, the sebaceous glands of the skin produce increased amounts of a substance called sebum. Some individuals naturally produce more sebum than others do. Not only does sebum irritate the skin, it also allows a bacteria that normally grows on skin (called *Propionibacterium acnes*) to flourish. Scrubbing the face vigorously is usually counterproductive since it can further irritate the skin. Individuals with acne should instead gently wash their face with a mild soap (such as Dove, Purpose, Basis) no more than 2 or 3 times a day. Benzoyl peroxide is a popular over the counter acne agent that works well by killing bacteria. However, over use of benzoyl peroxide products may irritate the skin, especially if they are applied immediately after washing or while the skin is still wet. Certain types of birth control pills such as Ortho-Novum and Tri-Cyclen can improve acne. Other birth control pills such as Lo-Ovral and Ovral can make acne worse.

For individuals with acne that is severe, cyst like or not responding to over the counter treatments, don't wait until scarring occurs before making an appointment with your family physician or nurse practitioner. Prescription antibiotics like tetracycline and minocycline can be used with or without benzoyl peroxide to kill bacteria. Beware that birth control pills may not work as effectively in preventing pregnancy when these medications are taken. Treatments like Retin A and Accutaine actually break down plugs and can prevent acne from reoccurring in the future. Both may take several weeks before working to their fullest and flairs of inflammation are common within the initial weeks of treatment while the plugs are being broken down. Accutaine, also known as Isotretinoin, is often used only when other treatments have failed since it requires the monitoring of liver, triglyceride and blood cell levels. It can also cause birth defects, so females must use at least two methods of contraception when taking Accutaine. Acne is a problem that no one should have to suffer with when so many treatments are available!

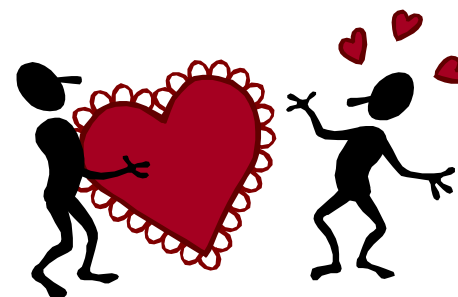
For more information on any of the *Ask the Doc* topics, check out <http://familydoctor.org>. Anyone who would like to submit a question to "Ask the Doc" may write to: Ask the Doc, Family Practice Clinic, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96818.

United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## PREP (Preparation Relationship and Enhancement Program) Enhancing Your Marriage

What: A one-day workshop for couples on improving communication skills and resolving conflicts  
When: Saturday, 19 January 2002 0830-1500  
Where: KKH Community Center  
Cost: FREE!!! (Limited to the first 15 couples that register)  
Facilitators: Owen Norton, Family Advocacy Specialist (541-1582) and Chaplain Dan McKay (541-2076)  
To Register: Call Owen Norton



The PREP program is based on over 20 years of research on skills and knowledge that constitute successful marriages. Participants are not asked to share personal problems; individuals are presented with opportunities to discuss and practice skills with their partner.

Communication. Commitment. Conflict Resolution. Research has shown that practicing these Three C's contributes toward a successful marriage. Sometimes we practice unhealthy habits. Our aim is to share skills that will help you become a better communicator. When you face the inevitable problems that all couples experience, you'll be armed with the communication skills to resolve your conflicts constructively and demonstrate the commitment to your marriage. By consciously applying these skills, you'll find that the practice will come naturally to you. The foundation of the program is the Speaker / Listener Skill, and 75% of men who attend report that this is the most important thing they learn, and 71% of the women report that it is the most useful thing they learn.

PREP is *not* a counseling program, but an educational program. It is coaching very much like learning to play golf or tennis. To learn more about PREP, go to [prepinc.com](http://prepinc.com)



Start the New Year off right improving what may be the most important relationship in your life.

We're excited to offer this course to you free of charge. In the civilian community, the cost would be several hundred dollars

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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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December 2001

ISC Honolulu Work-Life Newsletter

Volume 9 Issue 12

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**MELE KALIKIMAKA  
& HAUOLI MAKAHIKI  
HOU!!!**

**MAY YOUR HOLIDAY  
SEASON BE FILLED WITH  
WARMTH, LAUGHTER, AND  
COUNTLESS BLESSINGS...**



**ALOHA,  
YOUR WORK-LIFE STAFF**

**LCDR Walt Wrzesniewski, Owen Norton, Jessica Dung, Mary  
Mansfield, Jeri Couthen, Shirley Caban, Wanda Allen-Yearout,  
Faye Garan, HSC Daniel Friedman**



Mission Statement: *Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention.*



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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**



# Work-Life Satellite Office

From September 17<sup>th</sup> to November 20<sup>th</sup> the Work-Life Staff manned the Work-Life Center Satellite Office in the Red Hill Community Center. Someone was available for walk-in clients from 1300 to 1500, on workdays. We advertised this availability in many ways.

When the entire Work-Life Staff was located in trailers in front of the Community Center for five years, we often received walk-in clients from the Red Hill Community. When we relocated to the Work-Life Center on Sand Island in November 1997, our walk-in clients tripled, but they shifted to mostly active duty personnel, not family members.

Our decision to staff the Satellite Office was under discussion prior to September 11<sup>th</sup>. We wanted to reestablish a presence in the Red Hill Community, but we weren't sure what approach would be most effective...we could have events (like an afternoon tea for new parents), we could have trainings on weekends or evenings, etc. After September 11<sup>th</sup>, though, we decided that, as a minimum, we'd staff the office two hours a day. At the very least, we wanted to be available for people who were feeling the stress of our country's trauma. We wanted to provide someone with an open heart and a trained ear. Active listening is very therapeutic, and, if necessary, our staff can make appropriate referrals.

In the last nine weeks, however, almost no one has stopped by the office. Meanwhile, our regular workload has definitely increased. Because of this, we discontinued the staffing of the Satellite Office on 21 November. If anyone wants to speak with a Work-Life Staff member, and it would be more convenient or confidential to meet at Red Hill, just call us, and we'll arrange to meet at the Satellite Office.

We hope all Coast Guard family members understand that you are just as important as your active duty husband or wife. We serve all active duty members, reservists, retirees, civilian employees (GS, WG, NAF), Auxiliarists—and all of those people's families. The Work-Life Center is a very welcoming, professional workspace, and all of you are invited to use our services here. And, if necessary, we can meet at the Satellite Office as well.

We still intend to present Work-Life Program presentations at Red Hill. Several events are now in the planning stages. Look for upcoming announcements.

All of Your Work-Life Staff wishes you a holiday season filled with gratitude and kindness.

# Aftershocks: Coping With the Stress of Uncertainty And the “Holiday Blues”

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

Since the shock of the September 11 attacks, many of us have not felt like our old selves. The continuing tension of the conflict has made it difficult to soothe heavy hearts and jangled nerves; hard to speed our reaction time, to concentrate, sleep, and otherwise regain normal activity levels. For some people, the stress has worsened high blood pressure, emotional disorders, smoking, and overeating. Now to this we add in the holiday season--an especially stressful time of year for people far from loved ones and for those who tend to get the holiday blues. Our heightened sense of national unity may make this an especially meaningful holiday season--but there is no guarantee.

Holidays are a time when we focus our thoughts on what we hope for (toys from Santa, time with loved ones, world peace) but they also can provide a reminder of what we have lost. Including remembrances, prayers, and charitable giving in our holiday activities can provide some sense of comfort and acknowledgment of what is happening in our world today.

We, in the United States, are now joining many other nations in coping with an ongoing experience of fear. Handling this fear during the continuing campaign against terrorism is going to require a new kind of mental toughness--the ability to combine a readiness to respond to danger with a productive, even joyful, daily life.

I'd like to share some of the wide range of emotional and cognitive reactions you and those around you might be experiencing. And then I'll offer some

helpful suggestions for getting through the holidays and the coming months.

## Symptoms of Distress

The shock of the initial attacks left many people experiencing life in a haze, or with a sense of unreality. Hardest hit, of course, were people who lost loved ones, those whose lives were actually in danger, and the first responders. But the devastation also gripped those of us who were far removed, yet so shaken that our inner sense of safety and security (even now) feels permanently altered.

For most people the feelings of profound loss, dread, and vulnerability should have begun to recede within a month or so after the initial attack. But less obvious symptoms of strain (including irritability, sleep problems, changes in appetite, and difficulty concentrating) may persist or crop up later.

Talking about one's feelings with family, friends, and coworkers during the first weeks was perhaps the most important self-help step people could take. It's as if talking about traumatic experiences diminishes their disruptive power. We should continue talking to our family and friends--talk about everything: sports, movies, not just the attacks and their aftermath.

It's normal for people exposed to fear and horror to continue to re-experience the trauma in nightmares and to feel confused, anxious, or numb. That doesn't mean they have a mental disorder. Working through those reactions is what transforms people from victims to survivors. Many people find it useful to keep a journal of their feelings and to engage in pleasurable activities, such as seeing friends and pursuing hobbies

and other interests. Also helpful: prayer, spiritual practices, meditation, and exercise.

### How to Prevent the Holiday Blues

Under normal circumstances, it is common for many people to experience mild depression associated with significant holiday periods. This is often referred to as the “holiday blues.” With all that has happened this year, those “holiday blues” may be even more prevalent.

If you feel you might be prone to a mild depression around the holidays, there are a few things you can do:

**Keep your holiday expectations realistic.** Realize that there are limits to every occasion. You do not have to give or receive the best gift or throw the biggest party to be appreciated. Do what you can do to be comfortable with whatever there is.

**Give added attention to the things you enjoy.** If you enjoy being with relatives and friends on holidays, spend your time with them by making arrangements in advance. If giving gifts is enjoyable, make this time special by involving as many people as possible, perhaps drawing names to make it easier on everyone’s budget.

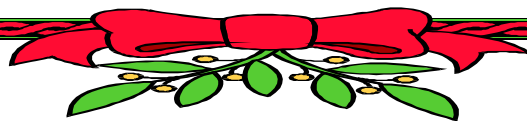
**Do not take on more responsibility than you can comfortably handle.** If you cannot handle the holiday meal yourself, perhaps another person can more easily

do it or assist you in the preparations. The key is to **tell someone** you need their help!

### Bottom Line Recommendations

- ◆ Mental and emotional responses to the attacks are to be expected and may be amplified during the holiday season. Stay informed, but try to keep your anxiety in check. Limit your news intake and find time for relaxing activities.
- ◆ Make an effort to maintain good health habits, including good nutrition, daily exercise, and avoidance of tobacco. Limit your caffeine, sugar, and alcohol intake.
- ◆ Allow friends, family members, and co-workers (and yourself) extra slack during this holiday season. Be understanding if they (or you) are more nervous, irritable, or angry than usual.
- ◆ Don’t rely on drugs or alcohol to resolve symptoms of stress or depression. Rather, seek professional help for any symptoms that are interfering with your ability to function.

For additional information or guidance, you may call the Work-Life EAP Coordinator at 541-1585 or you may call 1-800-222-0364 directly to arrange for free, confidential counseling services from the Employee Assistance Program.



## PREP (Preparation and Enhancement Program)

### Enhancing Your Marriage

What: A one-day workshop for couples on improving communication skills and resolving conflict

When: Saturday, 19 January, 2002, 0830-1500.

Where: KKH Community Center.

Cost: FREE!!! (The program will be limited to the first 15 couples that register)

To Register: Call Owen Norton at 541- 1582

Owen Norton, Family Advocacy Specialist, and Chaplain Dan McKay will facilitate this workshop. If you have further questions, please call Owen at 541-1582, or Chaplain McKay at 541-2076.



## Keeping Kids Calm During The Holidays

(Adapted from the *Teddy Bear Post*, a newsletter for parents of young children)

The holiday season with parties, special events, hectic preparations, shopping for gifts, expectations of families about what you should do, etc. can bring a high degree of stress. This stress can have an effect on children and parents. The following are tips that can help keep the holidays happy and you less distressed.

**Paying Attention to Appropriate Behavior** – During the holidays, as well as throughout the year, it works best to notice the good things children do and to praise them immediately when you notice positive behaviors. When you are out holiday shopping you may say to your child, “It’s not easy to go from store to store. You waited so patiently, I appreciate it.”

**Ignoring Minor Misbehavior** – Children who are tired, hungry, or excited may be whining or demanding. Generally it is a good idea to ignore these behaviors. Don’t take them personally. Try to see them as signs of distress and loss of control. Move to a less stressful environment to rest and regroup.

**Rehearsing** – Keep children informed about activities and what is going to happen and what you are expecting from them when they are at the activity. If you go shopping and the children need to come along, you might say, “We are going to three places and then when we are finished we can stop for a treat.”

**Choice** – Children like to make choices and feel better when they get to choose. After shopping you might let the children choose going to visit the pet store or going to the park as an activity choice.

**Transition** – Give your child advance notice. For example, “In ten minutes we are going to the airport to pick up Grandma and Grandpa.” With the warning, kids don’t get so stressed and they can finish what they are doing.

**Family Routines** - Keep the family routines as close to the same as possible, such as naptimes, mealtimes, bedtimes, even though things are hectic. Maintaining the family routines gives children a sense of structure and security.

**Develop Your Own Family Tradition** – give children an opportunity to help develop your family traditions. How will you decorate the tree or put on the lights? When will you open gifts? What will you do on Christmas Eve? What will you have for dinner? Who will say grace at Christmas dinner? One Coast Guard mother told me her father was in the Coast Guard and the children didn’t open gifts until Dad got home from duty because Santa only came when Dad was off the boat and home, so he could share he could share their happiness.

Even though the holidays can be stressful, they can also be the times children remember most. We can help make them fond memories. Have a terrific holiday season!



# Holiday Gifts for Kids to Make

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**H**omemade presents from kids are cherished gifts. You don't have to invest a lot of time or money in homemade projects; you just have to have the spirit of giving and a few good ideas. Here are some gifts that, with a little help from an adult, kids will be happy to make and proud to give.

## Chocolate--Covered Goodies

Supply list:

- Goodies for dipping--miniature pretzels, dried fruit, wafer cookies
- Chocolate coating--large bag of dark or white chocolate morsels
- Topping--sprinkles, shredded coconut, chopped nuts, etc.
- Double boiler (if you don't have a double boiler, use a regular pot set in a frying pan of water.
- Cookie sheets



Choose the ingredient combination you like best, like dried apricots, dark chocolate, and shredded coconut. Place

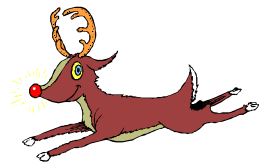
chocolate in top of the double boiler or a regular pot. Heat water over medium heat and place pot of chocolate over or in water. The water will melt the chocolate and keep it from burning. Stir the chocolate constantly while melting. BE CAREFUL. The chocolate will be very HOT. When melted, remove chocolate from heat and begin dipping. Use two forks or tongs to dip goodies. If chocolate becomes thick, add a little cooking oil. Place dipped goodies on a cookie sheet and sprinkle with toppings while the chocolate is still

warm. Place sheet in freezer for several minutes to harden chocolate quickly. Store in tightly sealed tins or bags for giving.

## Rudolph Door Mat

Supply list:

- Carpet samples – check local stores for free or low cost ones.
- Fabric paint--green, red, brown, and black
- Large red pom pom
- Glue
- Large plastic craft “goggle” eyes
- Old shoe



Paint the sole of the shoe brown and position on the carpet. Use plenty of paint and press hard so it will stick to the mat. This is Rudolph's face. Dip your hands in black paint and press one hand on either side of Rudolph's face. These are his antlers. Glue Rudolph's eyes and nose on his face after the paint has dried. Paint on a mouth. Now you can add your special touch--write “Happy Holidays” above his head, use the green paint to make holly leaves and red paint to make berries; use your imagination and Have FUN!

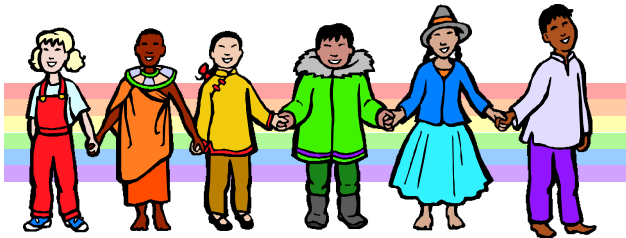
*Remember: Spending time with your children during the holidays is the best gift you can give no matter what age they are.*

**Mele Kalikimaka & Hauoli Makahiki Hou**

**Merry Christmas & Happy New Year**

# *US Coast Guard*

*2001 Honolulu Marathon Dec 9<sup>th</sup>*



## *Human Chain*

- Perform a vital service to the community by ensuring runner safety
- Earn brownie points by volunteering
- Cheer on your shipmates toward the finish line
- Get a frontline view of world-class elite runners
- Watch the sunrise along with ADM Utley
- Have a great (radical!) time...just ask anyone who's done it before

We provide all transportation and snacks. Bus leaves from the KKH Country Store 0430. Be there at 0415 to check in and receive your FREE Marathon T-shirt and ball cap.

Reserve your seat on the bus by email or voicemail with Jessica Dung, D14 Health Promotion Manager

mail to: [jdung@d14.uscg.mil](mailto:jdung@d14.uscg.mil) or call: 808-541-1583





# OAHU HOUSING CORNER

## FIREWORKS ARE PROHIBITED WITHIN THE HOUSING AREA



Please be aware that fireworks of any type are **NOT ALLOWED** within government housing. Please take advantage of the many local fireworks shows/displays happening around town to help us ring in a joyous New Year's Eve celebration. Check your local newspapers for times and locations.

## CHILD SUPERVISION



One of the most important objectives of the Coast Guard housing program is to provide a safe environment for Coast Guard families, and most especially, for your children. All children under the age of 18 must receive appropriate supervision at all times. Remember that absentee supervision does not begin until age 12 and may not exceed 24 hours for ages 16 and 17. Please see section 2.06 of the ISC Housing Handbook. This law applies to all dependent, guests, and visitors of members living in Coast Guard owned housing areas. As a reminder, the tennis court located next to the Country Store is off limits to children riding bicycles and cannot be used as a playground. When using the playground facilities, please be mindful that this area is available for the children's enjoyment. Please help us keep the playground area litter free by placing trash within its proper receptacle.



## FOURTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on 17 Dec 01. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember **SAFETY FIRST** and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so as to not damage your quarters. **Please do not staple or nail into the roofs.** If you have any questions, please call the Housing Office at 831-2766.



The ISC Housing/Maintenance Office would like to wish you and your family a safe and joyous Holiday Season. We look forward to continuing to bring quality service to our KKH housing community for the upcoming New Year.

**Merry Christmas and a Happy New Year**  
Mele Kalikimaka and a Hauoli Makahiki Hou



# FAMILY SUPPORT CENTER @ HICKAM AFB

Bldg 1105, 449-2494 or 449-6475

[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)

## **DEALING WITH DIFFICULT PEOPLE, Dec 5,**

**9:00-11:00 am.** Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

## **FAMILY READINESS BRIEFING, Dec 3, 10, & 17,**

**1:00-2:30 pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

## **INTERVIEWING WITH CONFIDENCE, Dec 11,**

**9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

## **LOOKING FOR EMPLOYMENT IN HAWAII, Dec**

**4 & 18, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

## **MONEY MANAGEMENT, Dec 5, 1:00-2:00 pm.**

This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, Dec 19,**

**1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and introduce you to the services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

## **PLAYMORNINGS, Tuesday-Friday Sessions, Dec 1-**

**19, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early

childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held Dec 20-31.

**RESUME WRITING I, Dec 6, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

**RESUME WRITING II, Dec 20, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

## **SELF-ESTEEM: I MAKE A DIFFERENCE!, Dec**

**12, 9:00-11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

**SMOOTH MOVE, Dec 20, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

## **SPONSORSHIP TRAINING, Dec 6, 9:00-10:30 am.**

Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **VOLUNTEER ORIENTATION, Dec 6 & 20, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).**

Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

## **VOLUNTEER SUPERVISORY TRAINING, Dec 12, 11:30 am-1:00 pm (American Red Cross, Bldg 1113).**

Supervisors can make a difference in a volunteer's life!

# **Holiday Dining Survival Guide**

A Commentary by Capt. Amanda Sylvie, Nutrition Care Division, Tripler Army Medical Center

HONOLULU –Aloha! With the beginning of the 2001 holiday season, you may notice the dietary challenges that begin appearing on a daily basis. I would like to bring you a few ideas for “holiday survival” that may help you end the holidays feeling healthier and more “nutritionally well” than when the holidays began.

## **“First Aid Kit” for Holiday Survival**

- Take low fat snacks along when shopping to prevent yourself from overeating at fast food in the malls.
- Add 15 minutes to your exercise routine. Make walking before or after your holiday meal a new tradition.
- Drink 8oz water and 2 servings of vegetables an hour before a holiday party. Bring a healthy item to parties. Socialize and focus on people rather than the food.
- Keep in mind when eating at buffets that small “tastes” may add up to a lot of high-calorie food.

## **Cooking Techniques & Recipe Modification**

Fat free products do not automatically decrease caloric content. Choose lower-fat or fat-free dairy products, meat items, and condiments such as mayonnaise and margarine. However, fat-free desserts like cookies may not save many calories. To lighten the calories in your favorite holiday foods, try some of the following ideas:

- Light, dessert-style yogurts (ex. coconut cream pie) as a fresh fruit or pie topping
- Use applesauce or Lighter Bake to replace fat in brownies, muffins, quick breads
- Choose reduced-fat pie crusts and fat free sweetened condensed milk
- Use seasonal vegetables and fruits: winter squash, brussel sprouts (great when topped w/ teriyaki sauce), pumpkins, and cranberries (add to sauces, muffins, and sweet breads)
- Look for low-sodium sauces, bouillons and soups
- Substitute applesauce for the margarine (may need to slightly reduce liquid used in the recipe) in stuffing mixes
- For small dinners, choose a turkey breast rather than cooking a whole turkey

It is always fun to surprise your family with tasty creations from the kitchen. Start out by serving delicious spreads such as apple butter, roasted garlic or pumpkin butter over warm multi-grain bread. To lighten the mashed potatoes, use Butter Buds or Molly McButter and evaporated skim milk. Horseradish and/or garlic provide a rich flavor for your mashed potatoes, also. Hot apple cider provides a sensational aroma and is lower in fat and calories than liquors or eggnog.

Enjoy these recipes and contact the Nutrition Clinic (433-4950) if you would like more information on “Surviving the Holidays—Healthy Dining.”

### **Honey-Thyme Vegetables**

1 lb frozen mixed vegetables

2 Tbsp. Honey

¼ tsp. Dried thyme

½ tsp. Butter flavored granules

Combine ingredients in microwave container. Cover and microwave on high for 5-8 minutes, stirring halfway or until hot all the way through. *Serving size=¾cup, 70 calories, 0g fat, 45mg sodium, 16g total carbohydrate per serving.*

### **Banana Nog**

4 bananas, peeled

1 ½ cups skim milk

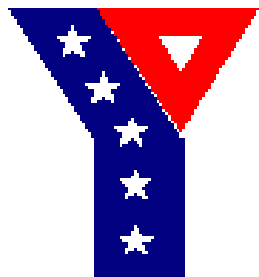
1 ½ cups plain nonfat yogurt

¼ tsp rum extract

pinch ground nutmeg\*

Add all ingredients *except nutmeg* to blender or food processor. Puree until smooth. Pour into 4 fancy serving glasses and top each with a \*pinch of nutmeg. *Serving size= 1 cup, 200 calories, 0.5g fat, 110mg sodium, 38g total carbohydrate per serving.*

Resource: The Holiday Resource Collection© Food & Health Communications, Inc.



**Armed Services YMCA/AMR**  
**December 2001 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!  
**DECEMBER 24, 2001 TO JANUARY 4, 2002** – There will be no Playmorning due to Holiday Break. Playmorning will resume on January 7, 2002.

**THEME FOR DECEMBER--HOLIDAYS**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

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Thursday 10:30-12:00
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\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

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This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins November 29, 2001 to January 3, 2002. Another class will begin on January 10, 2002 to February 14, 2002. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment for the Nov. 29 to Jan 3, 2002 class required no later than November 15, 2001.

**T.O.P.S.**

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This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

**KEIKI KARE BABYSITTING COURSE**

This class applies to children ages 10yrs. and up. However, only children 13 and up may be placed on our referral list. The class covers basic babysitting skills such as child development & child care, emergency preparedness, age appropriate games & toys, first aid and CPR training. For more information and dates please call us at 833-1185.

**IMPORTANT DATES TO**

**REMEMBER:**

1. December 24, 2001 to January 4, 2002 – There will be no Playmorning due to Holiday Break.
2. January 7 – Playmorning Resumes.

# Consolidated Refill Pharmacy officially opens for business

by Suzan J. Holl

Tripler Army Medical Center Public Affairs Office

HONOLULU – Tripler Army Medical Center's Consolidated Refill Pharmacy officially opened for business Nov. 6 with a ceremonial ribbon cutting. Maj.Gen. Nancy R. Adams, Tripler Army Medical Center's commanding general, and Col. Dennis R. Beaudoin, chief of Tripler's Department of Pharmacy, did the honors.

The refill pharmacy was created to help alleviate traffic congestion for those entering military installations where heightened security measures are in place. At Tripler, increased security measures have reduced the number of available parking spaces for patients and staff to park in.

Access to the refill pharmacy is easy, officials said. There are no hills or steps to climb and parking is right outside the door.

"Going to Tripler can be quite a walk for me," said retiree Thomas Danielson, who uses a cane. "I usually pick my prescriptions up at the Makalapa Clinic but this is much easier."

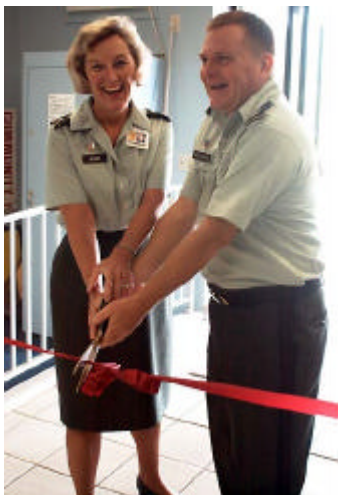
The location of the refill pharmacy is perfect for Navy First Class Petty Officer Leslie Thomas, who lives in nearby Radford Terrace. "I think this is great," Thomas said, "I can just swing by on my way home from work. It's like having a mini drug store right in my neighborhood."

"The refill pharmacy has a steady flow of about 40 to 50 customers a day representing all branches of service and military retirees. That's 40 or 50 less cars in line to get into Tripler," Beaudoin said.

The refill pharmacy is located at 3189 Nimitz Road, Building 4, just off Nimitz Highway, between Camp Catlin and Peltier Roads. Beaudoin said the current location on Nimitz Road is temporary and a permanent site will be located within the new Navy Exchange due to open in 2002.

The refill pharmacy site is open weekdays 10 a.m. - 6 p.m. excluding federal holidays. The site is for refills only, which must be called in the working day prior to pickup. To order refill prescriptions for pick up at the new site, call the Department of Defense Consolidated Pharmacy Phone System at 433-6962.

If patients have questions about the new pick-up site, please call the Tripler Army Medical Center Pharmacy at 433-7883.



*Open for business!*

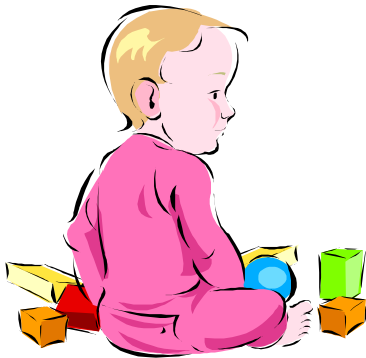
Maj. Gen. Nancy R. Adams, Tripler Army Medical Center's commanding general, and Col. Dennis R. Beaudoin, chief of Tripler's Department of Pharmacy, officially open the Consolidated Refill Pharmacy located on Nimitz Road Nov. 6. The new location provides easy access and quick service.

# Is Parenting a Young Child Harder Than you thought it would be??



## 1, 2, 3, 4 Parents can Help!!

In 3 sessions you can learn step-by-step skills to help you parent your child- one to four years of age.



Learn the discipline methods that work at these ages and stages, how to handle temper tantrums, and much more.

Session Dates: DEC 6th, 11th & 13<sup>th</sup>, 2001

Where: KKH Red Hill Community Center

Time: 6:30 pm—8:30 pm

Family Resource Specialist, Mary Mansfield will lead you through helpful videos, fun activities, and group discussions on parenting skills. You'll take home a Parent's Workbook, and Tips booklet to stay on track after the sessions are over.

Sign up today by calling Mary at 541-1584, or Faye at 541-1580.

Space is limited to 15 class participants.

For childcare needs, call the Work-Life Center for a SuperSitter list of certified teen-agers, or an In-Home Family Childcare Provider List (adults).

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# *The Blue Horizon*

## **E Kokua Pakahi Kakou**

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**November 2001**

**ISC Honolulu Work-Life Newsletter**

**Volume 9 Issue 11**

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To All Coast Guard Family Members,

I am pleased to join the Armed Services YMCA in celebrating Military Family Week during this Thanksgiving holiday season. This celebration provides a great opportunity for us to formally recognize our families for their many sacrifices and contributions to our nation.

You make it possible for our Coast Guard men and women to be "Always Ready" to respond to our nation's call, whether in times of peace, or in an armed conflict, because you have the great ability to overcome and successfully meet the many challenges encountered with military family life. When our Coast Guard members are "standing the watch" and doing their jobs, you are there to answer the call at home. Thank you for your vital role as part of our Coast Guard team!

I recognize the sacrifices you make each day and the value of your contributions. Your selfless dedication and commitment are an inspiration for all Americans. Thank you for your continuous support to the Coast Guard and our country!

Semper Paratus,

VINCENT W. PATTON III  
Master Chief Petty Officer of the Coast Guard

*A member of Your Work Life Staff will be available at the Work-Life Satellite office (KKH Community Center) Monday thru Friday from 1300-1500. Each staff member has an area of expertise, and all will warmly listen to concerns, and make appropriate referrals in the community. Our schedule is as follows:*

<i>Monday:</i>	<i>Mary Mansfield, Family Resources</i>
<i>Tuesday:</i>	<i>Jessica Dung, Health Promotions</i>
<i>Wednesday:</i>	<i>Owen Norton, Family Advocacy</i>
<i>Thursday:</i>	<i>Jeri Couthen, Employee Assistance</i>



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

## Work-Life Staff

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(808) 541-1581

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**Jeri Couthen, MSW, MPH**

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(808) 541-1585

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(808) 541-1584

### Health Promotion Manager

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**Wanda Allen-Yearout**

WAllen-Yearout@D14.uscg.mil  
(808) 541-1580

## **WE'RE ON-LINE!**

The Blue Horizon, and other  
Work-Life information, is  
available at :

**www.ischon.net/c/cw**

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**



# An Attitude of Gratitude

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

**I**t has been many weeks since the tragic events of September 11. While I don't want to imply that we should be "over it" by now, I do think that November and the Thanksgiving holiday offer us a perfect time to look forward and to realize that most of us have a great deal to be grateful for.

I remember as a child being reminded that I should be grateful for all the good things I had in my life. My Grandma Bea told us to say our prayers and to be thankful for a loving family, plenty of food, a warm bed, brothers and sisters, our good health, and all the other things that I took for granted.

As a youngster I didn't always see the value in my grandmother's wisdom. However, some years later, I was able to place the "attitude of gratitude" into a whole different perspective. As I discovered more of how our minds work, began to see that we have in our lives what we think about, and that we tend to get what we subconsciously expect, it registered that to continue to enjoy good fortune, I needed to feel fortunate.

It is imperative that we are thankful for what we have. The great spiritual teachers, Jesus, Buddha, Mohammed, and others, have taught that we should count our blessings. The wisdom behind this is that our mind is a great magnet and we gravitate toward what we think about most.

I will be the first to admit that the terrorist attacks in New York, Washington DC, and Pennsylvania caused me to focus on the horror of the events. But even from that absolute evil there is some goodness. I can't remember the last time I saw the people of our nation so united. My heart lifts a little each time I see someone wearing a red,

white, and blue ribbon or see our flag displayed proudly on homes and vehicles.

But the goodness goes beyond renewed patriotism. People are more kind to one another and many of us have a deeper sense of what is important. My grandmother's lessons of "count your blessings" are more important now than ever. I doubt we will ever "get over" the events of this past September, nor do I think we should. We will forever grieve the tremendous loss we as a nation experienced. We lost thousands of lives...we lost our innocence.

We should understand we do not have to live in fear, frustration, and anger. Certainly we have, and will continue to have, feelings of fear, frustration, and anger – but those needn't be our only feelings. Since we tend to gravitate toward what we think about most, perhaps we should *choose* to remember September 11 as the day that united our nation – ordinary people became heroes; they gave blood, many gave money, and many more gave their time to assist others in need.

As this Thanksgiving approaches I think we need to remember life goes on. We can honor those lost, continue to fight for what we know is right, and still feel joy, happiness, and yes, gratitude.

There is a line from a song that I really like:

***"To want what we have***

***To take what we've been given with grace***

***For these things I pray"***

Great advice, I couldn't have said it better! As I see it, an attitude of gratitude ensures that our attention is on what is really important. Now more than ever, we should count our blessings.

# PSAP- Primary School Adjustment Project

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**What is PSAP?** It's a program that could benefit your elementary school-aged child! With the terrorist event on Sept. 11, many of our children may be experiencing fearfulness, anxiety, or other social difficulties.

At Red Hill Elementary School, PSAP--Primary School Adjustment Project--has been in progress since the opening of school in August. For Primary grades Kindergarten to Three (K-3), the main goal is to provide encouragement and support services to young children who are having difficulty adjusting to school. The prevention of mental health problems in children through early identification, the immediate support of a warm and caring adult, the involvement of key school personnel in a team approach, a school selected mental health consultant, plus the involvement of parents--all of these set the stage for your child to succeed in the early grades.

A full-time child aide and a half time home-school liaison, supervised by the principal and the school counselor, staff each school. A child psychologist or psychiatrist is contracted to provide consultative services and meets regularly with the entire school team (the teacher, principal, counselor, child aide, school social worker, and home-school liaison) to review the student's needs and coordinate follow-up. Project funds provide for substitutes while teachers participate in team conferences or in-service training activities.

## IDENTIFICATION PROCESS

Faculty and parent orientation sessions provide key players with detailed project goals and services. Teachers initiate a referral in

consultation with the principal and counselor. The child's problem may include anger management, distractibility, low self-esteem, peer difficulties, fearfulness, anxiety or other social difficulties. The school notifies parents that their child is being considered for the program, informs them about the project and requests written consent for participation. Parents share information about the child's background through a home interview or school meeting. The child aide meets with the child or makes classroom observations to gather information regarding the child's perspective. An intake conference is scheduled, parents are invited to attend, and the school teams share the information about the child, identify specific behaviors to be addressed, and suggest appropriate intervention strategies.

Typically, children meet with the child aide, individually or in groups of 3-4 students, once or twice a week in a project room equipped to allow for art, free play, directed activities or discussion. The aides form a close relationship with each child and use a variety of play and guidance materials to help the child talk about his feelings, learn problem solving, and practice social skills.

At intervals during the school year, team meetings are held to discuss the progress of each participant and whether additional follow-up or a change in the program may be indicated. When a child has met his prescribed goals and has adjusted well to school, the child is recommended for exit from the program.



Beth Terry

The following article, written by Beth Terry and published in the Honolulu Star Bulletin, is reprinted in the Blue Horizon with special permission by the author. Ms Terry is a friend and supporter of the Coast Guard. When LCDR Wrzesniewski asked her permission to reprint the article, she e-mailed the following response:

“Hi Walt - I would love to support the Coast Guard again. It has been about a year since I gave a seminar at your Sand Island Location. I'm glad you are finding ways to address the stress aspect. This is a tough time for everyone, and we need to keep the protectors sane.

Let me know if I can assist in any way. Almost all the programs I have presented in the last month have been on Stress and Change. The uncertainty is driving people nuts. You folks are doing a great job and we all appreciate your dedication. Not enough people know how much the Coast Guard and Customs teams protect us.”

### **Regain Balance In Your Life To Reduce Stress**

YOU are stressed. It isn't often I say that with certainty to my audience. In the past week, most of us were too numb to do anything but watch TV and shake our heads. Those with East Coast ties were on phones and e-mail searching for answers and hoping for a friendly, live voice.

So, now what? We cannot stay healthy at this level of stress. Being out of balance causes problems in every area of our lives and, as the president says, “It's time to get

back to work.” The sooner we focus on bringing balance back into the workplace and our home life, the better off we will be.

It is helpful to understand what upsets you. Give a name to your fears: financial uncertainty, safety concerns, travel concerns, your own mortality, loss of loved ones, fear of the future. These all tap dance at the back of our minds. Which are foremost for you?

Once you know what upsets you, determine which things you can control and focus your energy there.

Here are a few coping strategies:

- ◆ Connect: Renew friendships, go to association meetings, contact loved ones at a distance.

- ◆ Talk it out: An effective way to find solutions is hearing yourself describe your frustrations and fears.

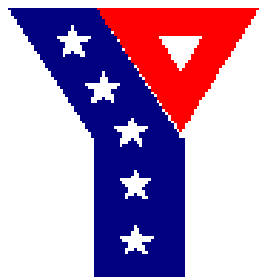
- ◆ Work it out: Frustration and anxiety can build if you don't find some way to let it blow off. So get exercise. Take an aerobics class. Walk.

- ◆ Turn off the news for a while: You didn't watch it 24 hours a day before. Go back to your regular schedule. You won't miss much, they have been repeating the same footage and interviews for days.

- ◆ Meditate and pray: Allow silent time to digest all that has happened. Get centered and focus on positive outcomes.

- ◆ Get creative: Creation is an antidote to destruction. Work in the garden; plant flowers in memory of those who have gone. Bake bread. Make a quilt or a collage commemorating the event. Write a prayer or a poem.

Our lives have changed forever. How you react to this is your choice. Choose life.



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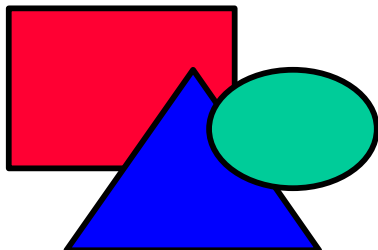
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**EXCURSION!!!**

The Armed Services YMCA will be planning a field trip to the Hawaii Theater **on Nov. 2, 2001** to see **BEAR IN THE BIG BLUE HOUSE LIVE**. A bus will be provided that will leave AMR YMCA at 9:15am. The cost for the bus is \$3 per individual, regardless of age. The cost for the show is \$2.00 per person, children under 1 are free but must sit in the adults lap. Pre-payment and pre-registration required by **October 19, 2001**. No exceptions. For further information call 833-1185.

**IMPORTANT DATES TO REMEMBER:**

1. November 2 – Excursion
2. November 11 – Veteran's Day
3. November 22 – Thanksgiving Day
4. November 23 – Closed - Holiday



## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

### NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# NOVEMBER 2001 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.  
To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

All classes are located at the Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME
<a href="#">DOD JOB SEARCH</a>	NOV 26	1:00 PM - 2:30 PM
<a href="#">FEDERAL EMPLOYMENT</a>	NOV 7	1:00 PM - 3:00 PM
<a href="#">FEDERAL EMPLOYMENT</a>	NOV 27	1:00 PM - 3:00 PM
<a href="#">INTERVIEWING SKILLS</a>	NOV 13	1:00 PM - 3:00 PM
<a href="#">JOB SEARCH VIA THE INTERNET</a>	NOV14	1:00 PM - 2:00 PM
<a href="#">JOB SEARCH VIA THE INTERNET</a>	NOV 27	8:00 AM - 9:00 AM
<a href="#">RESUME WRITING</a>	NOV 20	1:00 PM - 3:00 PM
FINANCIAL CLASSES	DATE	TIME
<a href="#">CAR BUYING STRATEGIES</a>	NOV 8	9:00 AM - 11:00 AM
<a href="#">CAR BUYING STRATEGIES</a>	NOV 9	10:00 AM - 12:00 PM
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	NOV 20	5:00 PM - 6:30 PM
<a href="#">COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)</a>	NOV 1-2	7:30 AM - 4:00 PM
<a href="#">FINANCIAL AWARENESS FOR SPOUSES</a>	NOV 6	1:00 PM - 2:30 PM
<a href="#">MANAGING MONEY AND CREDIT</a>	NOV 1	2:00 PM - 3:30 PM
<a href="#">MANAGING MONEY AND CREDIT</a>	NOV 20	9:00 AM - 10:30 AM
<a href="#">\$MILLIONS\$ DOLLAR SAILOR (I-II)</a>	NOV 7-8	7:30 AM - 4:00 PM
<a href="#">\$MILLIONS\$ DOLLAR SAILOR (I-II)</a>	NOV 28-29	8:00 AM - 4:00 PM
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	NOV 8	2:00 PM - 4:00 PM

INFORMATION AND REFERRAL CLASSES		DATE	TIME	
<a href="#">SPOUSES ACADEMY</a>		NOV 15	8:30 AM - 2:00 PM	
OMBUDSMAN/VOLUNTEER CLASSES/MEETINGS		DATE	TIME	
<a href="#">COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING</a>		NOV 15	6:00 PM - 8:00 PM	
<a href="#">COMSUBPAC OMBUDSMAN ASSEMBLY MEETING</a>		NOV 20	6:00 PM - 9:00 PM	
<a href="#">OMBUDSMAN QUARTERLY ADVANCED TRAINING</a>		NOV 28	6:00 PM - 8:30 PM	
PARENTING CLASSES		DATE	TIME	
<a href="#">ANGER, TEMPER TANTRUMS AND SIBLING RIVALRY</a>		NOV 27	9:00 AM - 11:00 AM	
<a href="#">APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD)</a>		NOV 19	9:00 AM - 11:00 AM	
<a href="#">I CAN HEAR YOU. LISTEN TO ME (AGES 1-5)</a>		NOV 6	9:00 AM - 11:00 AM	
<a href="#">I HEAR YOU: GOOD COMMUNICATION WITH YOUR SCHOOL AGE CHILD</a>		NOV 8	9:00 AM - 11:00 AM	
<a href="#">LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 1-4)</a>		NOV 1	8:00 AM - 10:30 AM	
<a href="#">NEW PARENT WORKSHOP</a>		NOV 7	10:00 AM - 1:00 PM	
<a href="#">PREPARING YOUR CHILD FOR THE NEW BABY</a>		NOV 13	9:00 AM - 11:00 AM	
<a href="#">TEEN SPEAK! WHAT DID THEY SAY?</a>		NOV 20	10:00 AM - 1:00 PM	
<a href="#">YOU, YOUR FAMILY AND THE MEDIA</a>		NOV 14	5:00 PM - 7:00 PM	
PERSONAL DEVELOPMENT CLASSES		DATE	TIME	*LOCATION
<a href="#">ADULTS MOLESTED AS CHILDREN (ON GOING)</a>		NOV 20, 27	1:00 PM - 3:00 PM	NCTAMS PAC
<a href="#">ANGER MANAGEMENT</a>		NOV 21	5:00 PM - 7:00 PM	
<a href="#">COUPLE COMMUNICATION</a>		NOV 29	5:00 PM - 7:00 PM	
<a href="#">FORGIVENESS IS AN OPTION</a>		NOV 28	8:00 AM - 11:00 AM	
<a href="#">JOB STRESS</a>		NOV 14	5:00 PM - 7:00 PM	
<a href="#">MARS AND VENUS COMMUNICATING</a>		NOV 8	5:00 PM - 7:30 PM	
<a href="#">NEW DIRECTIONS SUPPORT GROUP</a>		NOV 1, 8, 15, 29	3:00 PM - 4:45 PM	
<a href="#">PARTNERS IN HEALING</a>		NOV 1	5:00 PM - 7:00 PM	
<a href="#">SKILLS FOR MANAGING STRESS AND ANGER</a>		NOV 6	8:00 AM - 10:00 AM	
<a href="#">STRESS MANAGEMENT</a>		NOV 7	5:00 PM - 7:00 PM	
<a href="#">UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</a>		NOV 15	5:00 PM - 7:00 PM	
RELOCATION ASSISTANCE CLASSES		DATE	TIME	*LOCATION
<a href="#">ALOHA TOUR</a>		NOV 14	7:45 AM - 3:30 PM	NCTAMS PAC
<a href="#">CHINATOWN WALKING TOUR</a>		NOV 28	9:00 AM - 1:00 PM	
<a href="#">SMART MOVE</a>		NOV 8	8:00 AM - 11:30 AM	
<a href="#">SPONSOR TRAINING</a>		NOV 1	8:00 AM - 10:00 AM	
<a href="#">SPONSOR TRAINING</a>		NOV 7	8:00 AM - 10:00 AM	
RETIRED ACTIVITIES		DATE	TIME	*LOCATION

ANNUAL RETIRED PERSONNEL SEMINAR

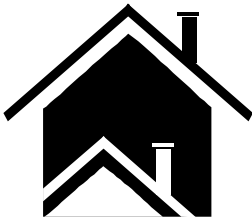
SAT, NOV 3

8:00 AM - 12:00 PM

NAVAL RESERVE  
CENTER

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI VICTIM ADVOCATE INITIAL TRAINING (I-IV)	NOV 27-30	8:00 AM - 4:00 PM	
SAVI VICTIM ADVOCATE REFRESHER TRAINING	NOV 13	12:45 PM - 2:45 PM	
SAVI VICTIM WITNESS ASSISTANCE COORDINATION COMMITTEE MEETING	NOV 5	1:30 PM - 3:30 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<u>CONSEP MID-CAREER PLANNING WORKSHOP (III-IV)</u>	NOV 1-2	8:00 AM - 4:00 PM	
<u>EXECUTIVE TRANSITION ASSISTANCE PROGRAM (ETAP) SEMINAR (I-III)</u>	NOV 6-8	7:30 AM - 4:00 PM	
<u>NETWORKING</u>	NOV 20	8:00 AM - 10:00 AM	
<u>PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</u>	NOV 2, 9, 16, 23, 30	8:00 AM - 11:00 AM	
<u>SEPARATION/TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)</u>	NOV 13-15 NOV 27-29	7:30 AM - 4:00 PM	





# OAHU HOUSING CORNER NOVEMBER 2001



## DZB/BAKER LLC Maintenance Contractor "Tidbits"



**Holiday Fire Prevention** - Are the stores starting to break out their Holiday decorations earlier and earlier? We would like to take this opportunity to help remind everyone of the potential for fire hazards when decorating for the upcoming holiday season. Check all light stringers and electric ornaments closely. Small imperfections and breaks might not be noticed in the casual inspection. Look for worn and frayed areas along the entire length of the cord. Be mindful when plugging in your holiday lights to electrical outlets. Circuits may already be overloaded with other home appliances or entertainment units. Use of approved extension cords and UL approved electrical lights should only be used. Please enjoy your holidays the way they were intended – Joyously and Safely. Happy Holidays to Everyone!



### FOURTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on 17 Dec 01. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember SAFETY FIRST and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so as to not damage your quarters. Please do not staple or nail into the roofs. If you have any questions, please call the Housing Office at 831-2766.

### Pest Control – Reduce Mosquito Breeding Areas

- Inspect your homes for standing water to reduce potential mosquito breeding areas: tires, planters, buckets, pots, clogged rain gutters, pans under flower pots, pet water dishes—anything that can collect water. If cannot be eliminated, mix 4 oz. of liquid detergent to 1 gal. of water and spray on the surface of standing water. Do not over water and cause your yards, sidewalks, and roadsides to become ponds of standing water.
- Check screens/frames to make sure they are all intact to ensure no insects enter the residence.
- For more info, check website, <http://www.cleanwaterhonolulu.com>.



### REMINDERS on water conversation:

Water after 1800 hours or before 0900 hours.

Use water-sprinkling devices.

Water no more than three (3) to four (4) times a week

Water no longer than twenty minutes in one area.

### Pet Owners



Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or yard assigned and **shall not** be permitted to run at large. When walking your dog, all pet owners will pick up and dispose of all pet droppings.

Also be advised that regulations **require that owners of dogs that bark incessantly must attend to their pet**, or the animal will be removed from housing.

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

No doubt, some of us are finding it hard to observe Thanksgiving this year. And, of course, this is understandable, given the degree of tragedy suffered September 11<sup>th</sup> and the air of uncertainty existing in the aftermath. Indeed, we probably feel guilty even thinking about celebrating while so many others are experiencing such heartache and pain. But, I submit to you, this is precisely why we must give thanks—not because of all we've experienced and are still experiencing, but in spite of it!

Consider the Old Testament figure Job, for example. Few, I dare say, have suffered more than him: he lost all his family (except his wife who bade him, "Curse God and die"), farm hands, livestock, wealth, and possessions. Adding insult to injury, he also experienced the writhing anguish of open sores all over his body, from head to foot. In fact, we're told the only relief for his pain was fiery ash and soot. Moreover, the only friends left were those accusing him of being the cause for all his troubles. Given these misfortunes, therefore, could any of us blame Job for griping and complaining? But, guess what? Job didn't. Instead, in Job 13:15 he declares, "Though God slay me, yet will I trust Him!" The remainder of the book, for the most part, is Job's defense of his resolute faith in God and his choosing to count his blessings rather than his losses and hardships. And the result? "The Lord blessed the latter days of Job more than his beginnings" (Job 42:12a).

This, I believe, is a truth worth taking to heart: God blesses those who remain faithful to Him and makes a practice of counting their blessings rather than their difficulties or problems. Like Job, then, we have a choice between feeling sorry for ourselves or thanking God for giving us another day and opportunity to serve Him by making a difference in our home, work place, community, and world. We can shrink back in

fear or go forward in faith; we can be dejected or determined; we can be negative or positive; the choice is ours. As for me, like Job, I choose to give thanks in spite of the trying circumstances in our nation and world. I choose to exercise the attitude of gratitude. How about you? **HAPPY THANKSGIVING!**

## Religious Faith and USCG History Calendar:

01 Nov 2001	All Saints Day (Christian) Lailat ul Bara'h (Islam)
01 Nov 1941	USCG ordered to operate under the Navy
01 Nov 1943	Landings made on the Solomon Islands
02 Nov 2001	All Souls Day (Catholic Christian)
04 Nov 1984	USCGC NORTHWIND becomes first icebreaker to make a narcotics seizure
06 Nov 2001	Election Day
08 Nov 1942	Landings made in Vinchy-French held North Africa
11 Nov 1918	World War I ends
11 Nov 2001	Veterans Day
14 Nov 1991	First search and rescue operation by a HH-60J Jayhawk helicopter takes place off the coast of Alabama
15 Nov 1860	Minot Ledge Lighthouse construction ends: "Chief of the great sea-rock lighthouses."
16 Nov 1950	Dedication of Arlington National Cemetery Monument to USS SERPENS' crewmembers (Largest single loss of USCG during WW II, 29 Jan 1945, Lunga Beach, Guadalcanal)
16 Nov 1992	CGC STORIS becomes longest serving cutter in the Bearing Sea, eclipsing USRC BEAR's record of 44 years, 2 months
17 Nov 1973	USCGC POLAR STAR is launched
17 Nov 2001	Ramadan Begins (Islam: ends 16 Dec 2001)
19 Nov 1984	HH-65A Dolphin helicopter begins service
20 Nov 1943	Landings at Makin & Tarawa, Gilbert Islands
21 Nov 1970	USCGCs SHERMAN & RUSH with USS ENTERPRISE sink N. Vietnamese trawler trying to smuggle arms into S. Vietnam
22 Nov 2001	Thanksgiving
25 Nov 2001	Christ the King (Christian)
28 Nov 1889	Gold Lifesaving Medal awarded to the crew of the Evanston, Illinois Life-Saving Station: saved the crew of the steamer CALUMET
29 Nov 1877	First annual report of the U. S. Lifesaving Service submitted in published form to the Secretary of the Treasury
30 Nov 2001	St. Andrew's Day (Christian)

In God's love,  
Chaplain McKay

# Friendship

By  
Owen M. Norton, MSW, LSW

*The Family Program Administrator (FPA) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

There are a number of unwritten rules that provide desirable guidelines, qualities, characteristics, and behaviors in a friend.

When asked, “What do you think the most important rule of friendship is?” the most frequently received answer is, that **a friend will keep what you say confidential and private.** Isn’t it wonderful to have someone you can trust and share intimate information with, and know that it is going to be respected as information between you? Think of a friend who has revealed something (you thought was private and confidential) to another. How soon are they no longer a friend? How much time will pass before you’re willing to trust them again?

## **The Unwritten Rules of Friendship**

- ❖ **Friends don’t keep score.** In a reciprocal relationship, a friend may ‘give’ more than another at a certain time, but it is understood that things will equal out in the long run. If things are getting out of balance, friends can bring it to light, and resolve the issue.
- ❖ **Friends make time to have fun.** It truly is important to make time for fun events. Friends cherish time that helps their friendship grow--and try to keep the fun time issue and problem-free. Time is sometimes called the commodity of the modern day, as we have so much to do in so little time. Therefore making the time for a friend is an important rule.

- ❖ **Friends don’t expect friends to be perfect,** and are forgiving of their mistakes. This is a valuable reminder. Can you imagine having any friends, if you expected your friends to be perfect?
- ❖ **Friends are always there for you when there is a problem or crisis.** When you’re in need, friends aren’t asking ‘excessive’ questions, or finding obstacles that prevent them from helping. They find ways around the obstacles.
- ❖ **Friends will give you honest feedback, even though it’s not always what you want to hear.** We listen to friends because we value their thoughts and opinions. It takes courage and strength, but when a friend tells you something you are doing that may be harmful to you or others, we take heed.
- ❖ **Friends listen.** They’re interested in you as a person, and respect your needs. Friends aren’t planning to change you. They accept you, care about you, and value what you think and feel.

The ‘rules’ listed above are just a few personal notes. My sister recently shared something our father used to say, “If you can go through life, and can say that you have had five true friends, you will have died a rich person.” My father believed most people have acquaintances instead of friends. By keeping in mind simple guidelines, you can be a good friend and hold the handsome gift of friendship.

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Bldg 1105, 449-2494 or 449-6475**

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

**BALANCING WORK AND LIFE: TIME MANAGEMENT, Nov 7, 9:00-11:00 am.** Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Nov 6, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Nov 28, 9:00-11:00 am.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Nov 5, 19, & 26, 1:00-2:30 pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**INTERVIEWING WITH CONFIDENCE, Nov 13, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**KEIKI FAIR, Nov 20, 9:00-11:00 am (Community Center).** In recognition of Military Family Week, the Hickam Family Support Center is hosting a Keiki Fair. Games, crafts, and prizes will be provided for your children. Community representatives will also be present to share their resources with you and your children. Free. No registration required.

**LOOKING FOR EMPLOYMENT IN HAWAII, Nov 6 & 27, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration required.

**MONEY MANAGEMENT, Nov 7, 1:00-2:00 pm.** This "hands on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NEW TO HAWAII FINANCIAL BRIEFING, Nov 28, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws.

Active duty members must register through their orderly room. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Nov 1-30, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held on Nov 9, 22, and 23.

**RESUME WRITING I, Nov 15, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

**RESUME WRITING II, Nov 29, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

**SINGLE PARENTS ARE SPECIAL (SPARES), Nov 15, 11:00 am-12:00 pm (FSC Lanai).** This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

**SMOOTH MOVE, Nov 29, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Nov 1, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Nov 6-8, 8:00 am-4:00 pm, Daily (Chapel Annex, Bldg 500).** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Nov 1 & 15, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Nov 14, 11:30 am-1:00 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

# Keeping Healthy Knees

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through voluntary adoption of a healthier lifestyle.*

Since the Honolulu Marathon is rapidly approaching, I figured this article might be appropriate for those exercisers (and non-exercisers) who may have knee problems. James A. Peterson, PhD, a free-lance writer and consultant for the American College of Sports Medicine's Health and Fitness Journal wrote the following article. From 1990 to 1995, Dr. Peterson was director of sports medicine with Stairmaster. Until that time he was professor of physical education at the United States Military Academy.

- **Warm up and stretch before exercising.** Warming up and stretching can help the knee joint in many ways, including increasing the circulation of the blood and lymph fluid into and out of joint structures and the adjacent soft tissues and ensuring that the muscles the ligaments attendant to the knee joint are not too tight. As a result, tension on the tendons is reduced, and pressure on the knee is relieved.
- **Develop muscle balance.** Strengthen the muscles of the lower body to reduce the amount of force that goes through the knees. Make sure that you maintain an appropriate muscle balance between the quadriceps and hamstrings (i.e. a 3 to 2 strength ratio is recommended) to provide an improved level of stabilization and strength for the knee joint.
- **Avoid doing too much exercise.** Some individuals hurt their knees because of the overuse syndrome. Simply stated, cumulatively, they place excessive demand on their knees.
- **Avoid sudden increases in the intensity of exercise.** Allow your body to gradually and progressively adapt to the demands that you impose on it. Doing too much too soon can injure your knees. Keep in mind that some actions that alter intensity level are not as obvious as others. For example, changing your approach to exercising (i.e. running hills

instead of jogging on a flat terrain) may unduly increase your level of intensity.

- **Protect your feet.** Your feet (particularly how and where they strike the ground when exercising) can have a profound effect on your knees. In this regard, two of the most meaningful actions you can undertake are to wear shoes that fit properly and provide adequate cushioning, and to immediately take care of any foot problem (e.g. blisters) that occurs.
- **Vary the mode of exercise.** Using several exercise modalities keeps you from repeatedly stressing the same bones and muscle groups, thereby keeping the orthopedic stress on your knees to a minimum.
- **Be conscious of possible load forces on your knees when choosing your exercise mode.** Whenever possible, avoid engaging in an exercise modality that places unduly high impact forces on your knees (i.e. running stadium stairs, running downhill, etc.)
- **Use exercise equipment properly. Improper use of exercise equipment can cause knee problems.** For example, if you exercise on a stationary bike, check the position of the pedal crank relative to the seat post. If the crank is not relatively close to the seat post, you will place undue stress on the knees while exercising.
- **Keep your weight down.** Maintaining an appropriate level of weight can reduce the stress on your knees. Excessive weight can increase your risk of degenerative conditions, such as osteoarthritis of the knee.
- **Listen to your body.** Pain is your body's signal that you may be placing too much stress on your knees. Reducing or stopping whatever is causing the stress is the primary step in ensuring that your actions don't lead to a more serious injury.

**HAWAII DEPARTMENT OF EDUCATION JOBS AND INFORMATION FAIR  
THURSDAY, NOVEMBER 29, 2001, 2:00 – 4:00 PM  
THE HALE MOKU/HOKULANI COMMUNITY CENTER**

The Hawai'i Department of Education (DOE) Jobs and Information Fair will kick off on Thursday, November 29, 2001 at 2:00 PM at the Hale Moku/Hokulani Community Center, Building 3453, which is located just off Center Drive on Main Street in the Hale Moku Navy Housing area just outside of Pearl Harbor. Representatives will be on hand to answer questions, explain the qualifications and procedures needed to apply for positions, and hand out application forms. This is a great opportunity to talk to the DOE hiring staff and personally deliver your resume to a DOE recruiter.

The department is seeking certified teachers in all areas for the school year. Currently there are critical shortages in the areas of science, math, special education, industrial arts, school counselors, and school librarians. If you currently have a degree in a scientific area such as math, engineering, science, or physics, you may be qualified to start teaching immediately. Information and anticipated job openings will also be available for half-time teachers, part-time teachers, substitute teachers, school counselors, school librarians, educational assistants, administrative staff, school security attendants and A-Plus program staff.

Representatives from several local universities will be present to provide information for individuals who are interested in pursuing a degree in education or adding courses to a current degree to obtain a teaching certificate.

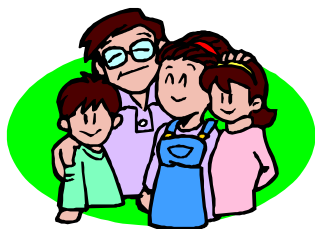
This recruitment is sponsored by the Joint Employment Management System (JEMS).

All members of the military community are welcome -- military family members, active duty personnel, DOD civilians, retirees and their family members, reservists and their family members. Please be prepared to show your military/DOD identification card. You can visit our website at [www.JEMSHawaii.com](http://www.JEMSHawaii.com) or call any one of the following centers for additional information: Pearl Harbor at 473-4222 Ext. 1, MCBH at 257-7790, Hickam at 449-2494, Coast Guard at 541-1580, and the JEMS Office at 473-0190.



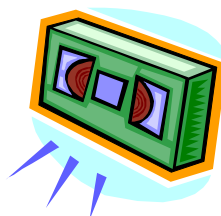
**CUTTER-TO-KIDS CONNECTION**

***Deploying Parents:*** Before deployment, come by the Work-Life Center to videotape yourself reading your child's favorite book or any special message.



***Families:*** Come by the Work-Life Center and videotape a surprise for your underway Coastie.

Call 541-1580 to set an appointment to create your personal videotape. Members are required to bring a blank VHS tape.





## **How to deal with dengue fever virus**

HONOLULU –Dengue fever has been in the local news quite a bit lately since cases have been confirmed in Hawai'i. Tripler Army Medical Center's Department of Preventive Medicine staff has put together a comprehensive fact sheet that explains what dengue fever is and how to prevent it from affecting you and your families (see fact sheet below).

People get dengue fever from the bite of a mosquito infected with a dengue virus, said Robert J. Woodrow, PhD., Tripler Army Medical Center's entomologist. (Entomology is a branch of zoology that deals with insects.)

Within two weeks of exposure, the virus can produce a sudden onset of high fever, severe headache, muscle pain, and bone pain as well as many other symptoms, he said. No vaccine exists for dengue fever and supportive therapies are the only treatment for symptoms and possible complications of the infection.

Following are preventive measures service members and their families may follow to prevent dengue fever infection, according to Col. (Dr.) Glenn Wasserman, chief of Tripler Army Medical Center's Department of Preventive Medicine:

- Avoid going outside when mosquitoes are most active, i.e., during dawn and dusk hours of the day covering-up as much as possible
- Use insect repellents on exposed skin. The most effective mosquito repellents available on the market are those containing DEET at a concentration of at least 20 percent and not exceeding 50 percent. DEET should not be used on infants; there is a product called *Skeedaddle*, which has a lower concentration of DEET and can be used on young children.
- Control mosquitoes by eliminating their breeding sources. The Asian tiger mosquito breeds in temporary water containers, such as tires, bottles and other items of trash as well as in bromeliads and other water-containing plants.
- Adult mosquitoes can be partially controlled using insecticide fogs that penetrate their hiding places.

Preventive Medicine teams will be doing education and risk assessment, Woodrow said.

In addition, service member education and personal protective measures are of utmost importance, Wasserman said, especially during training in field situations.

Schofield Barracks Health Clinics Commander Col. (Dr.) David F. Crudo has established hotlines for people with questions. For the Schofield Barracks Red Team, the number is 433-8130, and for the Blue Team it is 433-8155.

### **Dengue Fever Fact Sheet**

### **Tripler Army Medical Center's Department of Preventive Medicine**

#### ***Q. What is dengue fever?***

A. Dengue fever is also known as break-bone fever, which is a viral illness of humans often characterized by headache, severe muscle and joint pain. Globally, there are an estimated 50 to 100 million annual cases of dengue fever (DF) and several hundred thousand cases of a more severe form of the disease called dengue hemorrhagic fever (DHF).

#### ***Q. What causes dengue fever?***

A. Dengue fever is caused by a virus called dengue virus of which there are four strains called, respectively, dengue viruses 1-4

#### ***Q. What are the symptoms of dengue fever?***

A. Within 2 weeks of exposure, the virus can produce a sudden onset of high fever, severe headache, muscle pain, and bone pains as well as many other symptoms.

#### ***Q. Are there any long-term problems associated with an infection of dengue virus?***

A. No.

#### ***Q. What is the fatality rate associated with dengue fever?***

A. Dengue fever is not typically fatal but there is an unusual complication that occurs in areas with established dengue, called dengue hemorrhagic fever (DHF), which has a fatality rate of about 5% in young children.

#### ***Q. What is DHF?***

A. DHF occurs in areas of the world where multiple strains of dengue are established in the human population. An infection of one strain of dengue virus predisposes a person to DHF if they are infected with different dengue virus strain in the future. For example, if 5 years ago you were infected with dengue 1 virus and then this year you became infected with dengue 2 virus, you would have a very good chance of getting the more severe DHF. DHF is characterized by hemorrhagic manifestations which typically include accumulations of blood in various organs, blistered skin, bloody urine, and bloody vomit, rarely leading to severe liver damage and death.



***Q. Who is at greatest risk from dengue fever?***

A. The only group that is at risk from dengue fever is those who have weakened immune systems. DHF on the other hand can pose a significant hazard to children as well as to lesser extent in adults.

***Q. Is there a treatment for dengue fever?***

A. There is no specific treatment for dengue virus infection, only supportive therapies for the symptoms and possible complications of the infection.

***Q. Is there a vaccine for dengue virus?***

A. No.

***Q. How do people get dengue fever?***

A. By the bite of a mosquito (*Aedes* spp.) that is infected with a dengue virus.

***Q. How is dengue virus transmitted?***

A. A mosquito first bites a person who is carrying the dengue virus in their blood. The virus is taken into the mosquito's body where it reproduces and infects the mosquito. When the infected mosquito then bites another person the virus can be transmitted to that person.

***Q. Are there any other insects, aside from mosquitoes that can transmit dengue virus?***

A. No.

***Q. Can dengue virus be directly transmitted from person to person?***

A. No.

***Q. What can be done to stop a dengue fever outbreak?***

A. Controlling the mosquitoes that carry dengue virus is the best control against the disease. Mosquitoes that vector dengue virus include the Asian tiger mosquito, which is common throughout Hawaii particularly in wetter areas. The Asian tiger mosquitoes are primarily day-biting mosquitoes, and feed most aggressively during dawn and dusk.

***Q. What can be done to control mosquito vectors?***

A. The most effective way to control mosquitoes is to eliminate the breeding sources. The Asian tiger mosquito breeds in temporary water containers, such as tires, bottles and other items of trash as well as in bromeliads and other water-containing plants. Elimination of these sources can achieve a dramatic and sustained reduction in the numbers of mosquitoes. Adult mosquitoes can also be controlled using insecticide fogs that penetrate their hiding places.

***Q. Does dengue fever occur in Hawaii?***

A. Dengue fever is currently established in Hawaii and, yes, there have been widespread outbreaks in Hawaii as late as the 1940s. Subsequent widespread mosquito control operations eliminated the disease by the early 1950s. We do not have any cases of hemorrhagic dengue fever as of this date (Oct. 5, 2001) in the state. There are a few cases of dengue fever in Hawaii every year, usually in people who have traveled outside of Hawaii into areas with established dengue fever.

***Q. What is being done to deal with possible introductions of dengue fever into Hawaii?***

A. TAMC Preventive Medicine is tracking all possible cases of dengue fever that are in the U.S. military population. If a case of dengue fever is detected, a team will go out into the areas where the infected person resides and they will do education and mosquito control.

***Q. What measures can I take to protect my family and myself from dengue virus infection?***

A. The most effective means of personal protection is to avoid going outside when mosquitoes are most active, i.e., during dawn, dusk hours of the day. If you must be outside, cover-up as much as possible and use insect repellents on exposed skin. The most effective mosquito repellents available on the market are those containing DEET at a concentration of at least 20% and not exceeding 50%. Do not use DEET on infants.

***Q. There a number of insect repellents on the market besides DEET, which of them is safe and effective?***

A. Vitamins, herbal mixtures, ultrasonic devices, and bath oils are not effective at repelling mosquitoes. Use only those products that are EPA approved.

***Q. Where can I get more information on dengue fever?***

A. Call the TAMC Medical Entomologist at (808) 433-6693.

**Tripler Army Medical Center News Release Number 00-129**

**Contact: Tripler Public Affairs Office, 808-433-5785**

## ANTHRAX VIRUS: QUESTIONS & ANSWERS

The recent anthrax-related death and ongoing investigation have many asking about anthrax-- what is it and what do I need to do to protect my family and myself? Information from the Centers for Disease Control and Prevention says that anthrax is an acute infectious disease caused by the spore-forming bacterium *Bacillus anthracis*. Anthrax most commonly occurs in hoofed mammals and can also infect humans.

Symptoms of disease vary depending on how the disease was contracted, but usually occur within seven days after exposure. The serious forms of human anthrax are inhalation anthrax, cutaneous (skin) anthrax, and intestinal anthrax. Initial symptoms of inhalation anthrax infection may resemble a common cold. After several days, the symptoms may progress to severe breathing problems and shock. Inhalation anthrax is often fatal.

In its most common form, anthrax is a skin disease that causes skin ulcers at the bacterium enters the skin. Up to 20 percent of these cases are fatal if left untreated. The intestinal form of anthrax may follow the consumption of contaminated food and is characterized by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, and fever are followed by abdominal pain, vomiting of blood, and severe diarrhea.

Direct person-to-person spread of anthrax is extremely unlikely, if it occurs at all. Therefore, there is no need to immunize or treat contacts of persons ill with anthrax, such as household contacts, friends, or coworkers, unless they were also exposed to the same source of infection.

In persons exposed to anthrax, infection can be prevented by antibiotic treatment. Early treatment of anthrax is essential - delay lessens chances for survival. Anthrax usually is susceptible to penicillin, doxycycline, and fluoroquinolones. An anthrax vaccine also can prevent infection. Vaccination against anthrax is not recommended for the general public to prevent disease and is not available.

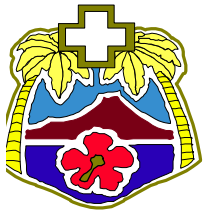
We continue to hear stories of the public buying gas masks and hoarding medicine in anticipation of a possible bioterrorist or chemical attack. Officials at the CDC do not recommend either. Local and state health departments are primed to investigate possible cases of anthrax and will inform the public about the actions individuals need to take.

To learn more about anthrax, visit the CDC's web site at  
[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax_g.htm)

or the DoD web site at  
<http://www.anthrax.osd.mil/> or call 1-800-438-8222.

=====

SOURCE: DeploymentLink web site at <http://deploymentlink.osd.mil/>



## **Tripler Army Medical Center News Release**

# **New mothers can give gift of life a second time**

**Staff Sgt. Michelle J. Rowan**

**Tripler Army Medical Center Public Affairs Office**

Mothers-to-be who are set to give birth at Tripler Army Medical Center now have the choice to possibly give the gift of life a second time by donating their babies' umbilical cord blood to the Hawaii Cord Blood Bank (HCBB). Tripler, which has the second highest delivery rate in the state, joined other medical facilities across the state earlier this year when it began offering the opportunity to expectant mothers.

Cord blood, which is collected from the umbilical cord and placenta after the baby is delivered, is rich in stem cells that can be used to replace the blood cells of someone who needs a bone marrow transplant due to illnesses such as cancer, leukemia or other blood-related disorders. "Stem cells are what bone marrow is really high in so you can use umbilical cord blood in place of using bone marrow," said Lt. Col. Peter Look, nursing director of Tripler's Obstetrics and Gynecology (OB/GYN) Product Line. He added that umbilical cord blood donation also has several advantages over bone marrow donation.

Unlike bone marrow, cord blood doesn't have to be matched quite as closely as bone marrow, and the collection procedure is much simpler, Look said. "Many people back out of donating bone marrow because they are unsure of the collection process," Look said. "With the cord blood donation, the collection occurs after delivery right before the umbilical cord is discarded. It's doesn't cause any discomfort to the mother or baby."

Sgt. TaShauna Ruiz, a licensed practical nurse on Tripler's General and Plastic Surgery Ward, became Tripler's first participant in the cord blood donor program when she gave birth to her daughter, Natalie, July 2. "I really didn't have to think twice about it," said Ruiz, who used to work on a labor and delivery ward. "All they're going to do is throw it (the umbilical cord blood) away anyway." Ruiz, who lost an uncle to leukemia, said the donation wasn't a hassle and hopes more people consider donating their child's cord blood. "You never know; that blood might help save someone's life some day," she said.

Expectant mothers are now informed about the opportunity to donate during a visit to Tripler's Obstetrics Clinic. A pamphlet is distributed with basic information on blood bank and collection procedure. If interested, the mother-to-be contacts the Hawaii Cord Blood Bank to see if she is eligible. If eligible, the HCBB gives the expectant mother a packet to bring with her to the hospital when she goes into labor. The cord blood is collected after the baby has been delivered.

Look said the HCBB is similar to a regular blood bank in that the donated cord blood can be used for anyone who matches it. In fact, all HCBB donations are processed and stored at the Puget Sound Blood Center in Seattle, which makes the donations available internationally as well as to anyone in the United States.

For more information about umbilical cord blood donations, call the Hawaii Cord Blood Bank at 983-2265 or visit [www.HCBB.org](http://www.HCBB.org).

**Contact: Tripler Public Affairs Office, 808-433-5785  
Release Number 01-115**

## 2002 SCHOLARSHIPS FOR MILITARY CHILDREN ANNOUNCED



Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available beginning November 1 at local base commissaries and for download at [www.commissaries.com](http://www.commissaries.com). **Qualified sons and daughters of U.S.military ID card holders, include active duty service members, retirees, and Guard/reserves, may apply for the \$1,500 scholarships.** Eligibility of applicants, including survivors of deceased members, will be determined using the DoD ID Card Directive.

The deadline for filing applications is February 5, 2002. Student eligibility will be verified through the Defense Enrollment and Eligibility Reporting System (DEERS) before scholarships are awarded. Sponsors should ensure that their children are enrolled in DEERS prior to applying for a scholarship. The Fisher House Foundation is administering the Scholarships for Military Children program through a professional scholarship evaluation company. A permanent information page for the Scholarships for Military Children Program has been added to [www.commissaries.com](http://www.commissaries.com). Look for the link under "What's New."



Additional information on scholarships for military personnel and their dependants can be found at Military.com's Education resource. In addition to a scholarship search, those interested in pursuing both undergraduate and graduate degrees can find veteran-friendly schools and request free information on classroom and online programs. For more information, go to

<http://www.military.com/Careers/Education/1,112,00.html?ESRC=mr.nl>

## **EAP**

*Employee Assistance Program*

### **COPING WITH THE THREAT OF ANTHRAX**

#### **RANGE OF NORMAL REACTIONS**

- Everyone will have a reaction to the current events. Be aware that your reactions belong to you – there is no “right” or “good” way to react.
- Some of the normal feeling and reactions you may experience include, but are not limited to:

Numbness	Helplessness	Fearfulness
Frustration	Anger	Worry
Sadness	Preoccupation	Curiosity
Irritability	Uncertainty	“Hyperness”
No Apparent Reaction	Confusion	
- Some people will find little impact in their personal and work life, others may find a substantial impact in one or both

#### **WHAT CAN I DO TO COPE?**

1. As always, try to maintain healthy habits – eating and sleeping well, minimizing use of alcohol or other non-prescribed mood altering substances, continue routine activity including recreation, exercise and social activity.
2. Balance your intake of news and information with normal activity. Take a break from the TV, radio and newspaper coverage, particularly if you are finding yourself feeling unusually tired, anxious, fearful, sad, angry, irritable, or helpless.
3. Attend to safety instructions from reliable sources – health officials, school or workplace safety officials.
4. If you have specific questions or concerns find a reliable resource and seek out information.
5. Take care to exercise patience and understanding with yourself and others – give yourself and others a bit of “slack” in this challenging and uncertain time.
6. Check in periodically with yourself and others close to you (family, friends, co-worker and supervisors) – find ways to seek and offer support to one another.
7. Make well thought out decisions – be mindful of the potential for rash action – talk to others before acting on matters of importance. Don’t be afraid to retract and correct a statement or action that might have been impulsive.

**IF YOU ARE CONCERNED ABOUT THE WAY YOU ARE REACTING,  
CONSULT WITH YOUR FOH EAP BY CALLING 1-800-222-0364  
(TTY 1-888-262-7848)**

The FOH EAP has both information and resources that can help you understand and cope with the normal emotional and physical reactions that all of us are subject to when exposed to stressful situations.

# *The Blue Horizon*

## **E Kokua Pakahi Kakou**

**October 2001**

**ISC Honolulu Work-Life Newsletter**

**Volume 9 Issue 10**



### **OPEN HOUSE**

Monday through Friday 1300-1500  
Work-Life Satellite Office at the KKH Community Center

A member of your Work-Life staff will offer trained ears and an open heart. Initiated on September 24, by your Work-Life Staff, this service gives all members of Team Coast Guard -- especially family members-- even easier access to Work-Life Staff and services.

### **HEARTS**



*Thursday, Oct.11 6:30 PM  
Red Hill Community Center*

### **APART**

*A briefing for ANYONE on a deploying unit, especially couples and couples with families. The briefing will last one hour with a discussion period following. The information will cover pre-deployment, deployment, and reunion issues. Additional print information will be provided.*

*For more information contact the Work Life Center at 541-1580*

4 OCT 01  
0900-1200

**BLOOD DRIVE**  
Twitty Theater JICPAC Fleet  
POC: TAMC Blood Donor Center, 433-6195

20 OCT 01  
1900

**PREGNANCY & INFANT LOSS MEMORIAL SERVICE**  
TAMC Chapel, 3<sup>rd</sup> Floor, D-wing  
POC: Capt. M. Nichols, 433-2040  
Capt. Kristi Perkins, 433-5337

31 OCT 2001  
2000-2200

**X-RAY HALLOWEEN TRICK-OR-TREAT BAGS**  
Department of Radiology, 433-5313

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Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**



# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Like December 7, 1941 so September 11, 2001 is forever etched in our nation's heart and memory. This is so because of the collective pain it has caused, but, more importantly, because of the way it has stirred and united us as a people. No longer are we a collection of hyphenated masses, divided by our diverse skin colors, classes, cultures, and creeds. No, on September 11<sup>th</sup> we became once more, in fact perhaps for the very first time, *e pluribus unum*—"out of the many, one."

Suddenly, and happily so, it's okay to pray to God and read from scripture, regardless of the place or forum, as well as speak openly of one's pride in being an American. It's as if all the terrorists aimed to accomplish through their diabolical scheme has had, instead, an opposite and equal reaction. Oh, I know there have been, unfortunately and tragically so, isolated cases of hate crimes in some neighborhoods, but hopefully these will soon give way to the tidal wave of spiritual renewal, unity, and patriotism spreading across our nation. Indeed, as the Christian Bible teaches, what was meant for evil God can use for good (Genesis 50:20)—our good, individually and collectively as a people.

This, of course, in no way diminishes the terrible loss of lives or the need for carrying out justice toward the perpetrators. Rightly, therefore, we pause to grieve with our fellow citizens, to remember their loved ones, friends, and coworkers, and we lift up all involved with the monumental recovery efforts. But, as Granger Westberg tells us in his excellent book *Good Grief*, eventually we must accept the loss, affirm God's gift of hope, and embrace life once again: a better, stronger, and more complete person and nation, both on account of and in spite of our grief experience.

And, for us in uniform and our families who love and support us, this means getting on with the work of defending our nation and taking on the offensive posture now demanded by the terrorists' acts of war. Certainly, we acknowledge that terrorism will not be an easy foe to defeat. As with any enemy, however, we also acknowledge that it can and will be defeated through our unity of mind, heart, spirit, and purpose. We pray, therefore, for our nation and its leaders, for our loved ones and ourselves, and,

ultimately, for good's victory over evil. And rest assured, God is already answering our prayers. How do we know this? As the Christian Bible declares, "The salvation of the righteous is from the Lord; He is their refuge in time of trouble. The Lord helps them and delivers them; He delivers them from the wicked, and saves them, because they take refuge in Him (Psalm 37:39-40). May God continue being, then, our refuge and strength, our very present help in this troubling time and beyond (Psalm 46).

## Religious Faith and USCG History Calendar:

01 Oct 1996	Operation Frontier Shield begins, largest counter-narcotics operation in USCG history
02-03 Oct 2001	Sukkot (Jewish)
04 Oct 2001	St. Francis Day (Catholic)
05 Oct 1938	Enrollment of first USCG Reserve members
07 Oct 2001	World Communion Sunday (Protestant Christian)
08 Oct 2001	Columbus Day
09-10 Oct 2001	Shmini & Simchat Torah (Jewish)
09 Oct 1852	The Lighthouse Board organized: administered the lighthouse system until 01 Jul 1910
11 Oct 1896	Gold Lifesaving Medal awarded to the Pea Island Life-Saving Station, North Carolina, for heroic actions in saving nine members of the E. S. NEWMAN's crew
13 Oct 1995	Launching of the first 175-foot Keeper Class Buoy Tenders: USCGC IDA LEWIS
15 Oct 2001	Lailat al Miraj & Israa' (Islam)
15 Oct 1944	USCGC EASTWIND, aided by USCGC SOUTHWIND, captured the German Trawler EXTERNSTEINE in East Greenland
18 Oct 1799	French privateer L'EGYPTE CONQUISTE (250 crew) captured by USRC PICKERING (70 crew)
20 Oct 1944	Landings on Leyte, Philippine Islands
20 Oct 1950	USCG tasked by President Truman with the port security mission
24 Oct 2001	United Nations Day
28 Oct 2001	Mulvian Bridge Day (Christian)
31 Oct 2001	Reformation Day (Protestant Christian) All Hallows Eve (Christian)

*In God's love,*

*Chaplain McKay*

# Fight or Flight

## Stress Physiology

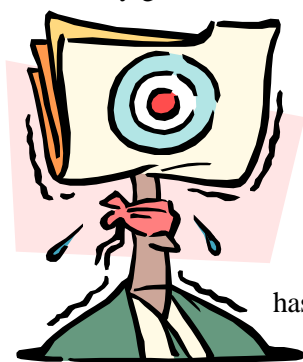
Submitted by  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

In the October 2000 issue of the Blue Horizon, I blithely recommended the following mnemonic by the Motorcycle Safety Foundation Rider's Course to deal effectively with stressful situations: **SPA. Scan:** learn to recognize stressful situations. **Predict:** predetermine an automatic response to a stressful situation by finding a stress reduction technique you enjoy. **Act:** take deliberate steps of action to reduce the harmful causes of chronic stress. In light of recent events, these casual tips cannot possibly mediate the depth and breadth of the World's reactions to the ordeal of September 11<sup>th</sup>.

Searching for some healthy perspective, if we could at the very least intellectually understand the human body's physical responses to stressors (any situation that triggers physical and emotional reactions), perhaps we might be able to find a way to cope with the anxiety that has been forced upon us by our world undeniably being turned upside down.

On that sobering note, imagine a near miss. As you step off the curb, a car careens toward you. With just a fraction of a second to spare, you leap safely out of harm's way. In that split second of danger, and in the moments following it, you experience a predictable series of physical reactions. Your body goes from a relaxed state to one prepared



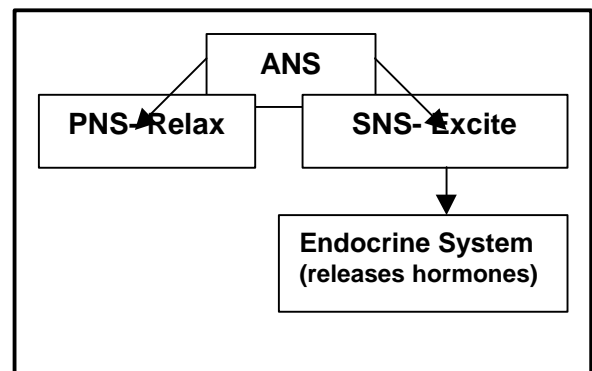
for physical action to cope with a threat to your life.

The body's stress response encompasses all the physiological emotional changes associated with stress. This automatic response has two major avenues of expression: the pathways of the nervous system and the actions of the endocrine system.

Once an individual perceives, interprets or identifies an event as a stressor, the stress response is activated. ***The stress response is the collective physiological and emotional reaction to any stressor. Moreover, physiological responses to stressors are the same for everyone.***

The autonomic nervous system, or ANS, is that branch of the peripheral nervous system that, mostly without conscious thought, controls basic body processes and includes the brain, spinal cord, and nerves. This is the part that is not under conscious supervision, e.g. what controls digestion of your lunch? In addition to digestion, it controls heart rate, blood pressure, breathing, and a myriad of metabolic events, the functions you would normally take for granted.

The ANS is divided into two divisions. The parasympathetic nervous system (PNS) is the division that is in control when you are relaxed,



digesting food, storing energy, and promoting growth. It moderates the excitatory effects of sympathetic division, slowing metabolism and restoring energy supplies in liver and muscles. The PNS is responsible for returning the body to equilibrium. The sympathetic nervous system (SNS) is the part that reacts to danger or other challenges by instantaneously accelerating the body's

processes. It basically commands your body to stop storing energy and to trigger all energy resources to respond to a crisis. The SNS mobilizes the body and activates key hormones of the endocrine system, causing the “fight-or-flight reaction.”

Returning back to the scenario of near collision with a car, as the car travels toward you, you feel only fear; but, inside your body, things almost instantaneously happen to prepare you to meet the danger. Several hormones (cortisol, adrenaline, and noradrenaline) are released to trigger a series of events:

- Hearing and vision become acute
- Heart rate increases to deliver fuel and oxygen to the working muscles
- Blood pressure increases
- Liver releases extra fuel into the blood to provide energy to muscles and brain
- Perspiration increases
- Endorphins (other hormones) are released to relieve pain in case of injury.

Taken together, these physical changes are the fight-or-flight reaction. They give you the heightened reflexes and strength you need to dodge the car or deal with other stressors. *Though they may vary in intensity, the same series of physiological events occur in response to any type of perceived stressor, albeit environmental (sight, sound, mind), emotional, physical, real and/or imagined.*

Current studies in the correlations between behavior, brain chemistry, and immunology (psychoneuroimmunology) contribute to our understanding of the links between stress and disease. People who have many stressors in their lives or handle stress poorly are at risk for cardiovascular disease, impairment of the immune system, and many other problems. Poorly managed stress causes any one of the following symptoms:

- Nervousness, sweaty palms, and faster breathing
- Irritability, insomnia and fatigue
- Difficulty to laugh and bouts of depression
- Tension headaches or migraines
- The need for pills, alcohol, or other drugs to relax

Potential sources of stress include major life changes (or world changes), daily hassles, college and job-related stressors, and interpersonal and social stressors. Modern stress theory identifies a predictable sequence of physical events.

1. **Alarm stage.** The alarm stage includes the responses of the SNS and endocrine system. Here, your body is functioning at a hormonally induced or “hyped up” tempo. At this higher operation tempo, you are more susceptible to disease or injury because most of your energy reserves are being used to deal with the crisis. Energy normally used for daily growth, maintenance, and repair is severely diminished. Common symptoms are headaches, indigestion, anxiety, and disrupted sleeping and eating patterns.
2. **Resistance stage.** With continued stress, the body develops a new level of equilibrium where it is (for the time being) more resistant to disease and injury than normal. This stage is temporary and requires a considerable amount of energy to maintain.
3. **Exhaustion stage.** Both stages 1 and 2 require substantial energy. If the stressor still persists, or several occur in succession, general exhaustion results. This is a potentially life-threatening type of physiological exhaustion characterized by symptoms like distorted perceptions and disorganized thinking.

It is well documented that exercise is an extremely effective strategy to manage the chronic stress response. Researchers have found that people who exercise regularly react with milder physical stress responses before, during, and after exposure to stressors. Furthermore, their overall sense of

well-being increases. Although even light exercise (a brisk walk or an easy bike ride) can have a beneficial effect on health, an integrated fitness program that you can get from your Unit Health Promotion Coordinator or your regional Health Promotion Manager can have a significant impact on stress. Other ways of managing stress include support from other people (contact your regional EAPC or Chaplain). Talk to people; talk is the most healing medicine. Try to maintain as normal a schedule as possible by continuing to practice good nutrition, effective time management and periods of relaxation. For more strategies, please call any of the ISC Work-Life staff at 541-1580



# Friendship

By  
Owen M. Norton, MSW, LSW

*The Family Program Administrator (FPA) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

How important is it to have friends? Friends really are important to us, and this is especially true when we are stationed or working away from our family. Now that the country is in crisis, individuals are pulling together and offering the strength of friendship, which is amazingly powerful. Can you imagine going through this crisis without family or friends? There are some key points to keep in mind with regard to friendships.

1. Everyone is different in terms of how many friends they need. One person may feel comfortable having one or two friends and another enjoys knowing and socializing with many friends.
2. Men often times have a friend for a particular activity, for example a fishing buddy, a work out friend, jogging friend, a surfing or diving friend, etc. Women tend to have friends that they do more things with as opposed to being for one activity. It is just one way that men are somewhat different than women.
3. Friendship has three phases. First, is the **initiation** phase where people get to know each other and see if they enjoy each other's company. Second, is the **deepening** phase where individuals share more about themselves and get to know more about each other. In this phase there are more shared activities. There is also more frequent dating, in a romantic relationship. In the deepening phase individuals are exploring if they share the same values and enjoy each other's company. Last is the **maintenance**

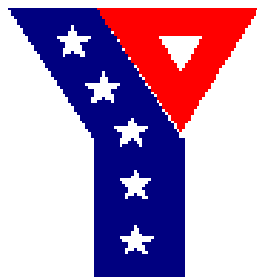
phase. In this phase we often times don't pay attention to the activities and behaviors that maintain friendships and then end up losing our friends.

The friendships you are making now or have already will not continue without attention. The other thing that happens is that some people don't choose to continue the friendships, perhaps their families have moved closer to them or old friends have come back in to their lives, or they have a need to seek out new and different friends. This can be painful for the one who wished to continue the relationship. A couple that my wife and I socialized with who divorced and one maintained our friendship and the other moved on to establish new friendships. This created a sense of loss and sadness, but we needed to appreciate the need and choice of the individual and not see it as a rejection of the friendship that we had.

For those of you who want to maintain your friendships make periodic contact via email, letter, phone calls, and don't wait thinking it isn't my turn. Get together with your friend, share a cup of coffee, go to lunch, or plan an activity. Let your friend know you appreciate them either through a kind word or gesture. Friendships are invaluable, but they don't deepen or continue without attention and maintenance.







**Armed Services YMCA/AMR**  
**October 2001 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

### **PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

### **THEME FOR OCTOBER: SAFETY**

#### **LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:00-10:30
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

#### **LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:00-10:30  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:00-10:30
- McGrew CC Wednesday 10:30-12:00
- Manana CC Wednesday 9:00-10:30
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

### **KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

### **LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins October 18 – November 22. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than October 16.

### **T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

### **INFANT/CHILD CAR SEATS**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

### **WELCOME BABY**

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

### **NOW OPEN!!!!!!**

### **CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

### **EXCURSION!!!**

The Armed Services YMCA will be planning a field trip to the Hawaii Theater on Nov. 2, 2001 to see **BEAR IN THE BIG BLUE HOUSE LIVE**. A bus will be provided that will leave AMR YMCA at 9:15am. The cost for the bus is \$3 per individual, regardless of age. The cost for the show is \$2.00 per person, children under 1 are free but must sit in the adults lap. Pre-payment and pre-registration required by **October 19, 2001**. No exceptions. For further information call 833-1185.

### **IMPORTANT DATES TO REMEMBER:**

1. October 8 – Columbus Day
2. October 31 – Halloween
3. October 19 – Payment for Excursion Due
4. October 28 – Daylight Savings Time Ends

# Helping Your Children Cope With Terrorist Attacks

By Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

A couple of weeks have passed since that tragic day in September when terrorists hijacked four jet aircraft and crashed into the World Trade Center and the Pentagon. By now, your children have probably seen hours of graphic television footage. How do children deal with this kind of information? What follows is an article written by Laura Jana, MD, FAAP.

“Today, our nation is reeling from the attacks on the World Trade Center in New York and the Pentagon in Washington, D.C. When horrendous events like these occur, it not only leaves each and every adult shaken and mired in disbelief, it becomes impossible to shelter our children from the reality of what is happening. While we struggle to comprehend these awful events, it is important that we take into account our children's perspective and help them cope as well. No matter how upset we are by the grim reality that our country is not as safe as we would like to believe it to be, we have to offer our children some semblance of security in their world.

## Steps parents can take

There are several steps parents can take to comfort their children and help them make some sense of the tragedy:

**Personal safety and the safety of the people you love** - Offer immediate reassurance in any way possible to make sure that your child knows that those people closest to him are OK. First, even though it may seem obvious, spell out to your child that the members of his immediate family--Mom, Dad, brothers and sisters--are all safe. This is essential even if you live nowhere near the site of one of the attacks. Next, reassure your child about other relatives--Grandma and Granddad, for example. Repeating the

list of dear ones who are all right will be comforting for you and your children.

**Structure** - Try to maintain the daily schedule as best as you can. If you normally go to the park or drop your child off at preschool, do those things. A regular routine gives children a sense of structure and security.

**Details and distance** - Although you may feel a need to keep the television on to catch each unfolding event, for the sake of your young children, it's best to turn it off. Children (and all people) are more able to handle shocking news when it is not immediate in time, and when it is presented in print, rather than television.

**People in charge** - Let your child know that people in authority--the President, the mayor, teachers--are all making sure that everyone is going to be safe. Remind your child that you are also making sure that he is safe. That, after all, is your main job as a parent.

**Maintaining perspective** - If your child overhears that a plane has crashed or a building has collapsed, you can reassure him that almost all planes and buildings are still completely safe. These bad events only happened in a very few, specific places.

**Awareness of emotions** - Even if children are too young to fully understand what is happening as tragedy unfolds, from a very early age, they are acutely aware of the emotional state of their parents. As we adults try to process this tragedy, we must expect that our children, no matter how young, may show signs of distress in response--whether it is in the form of fussiness, fear, nightmares, or tantrums.

**Patience** - All parents have days when their patience wears thin and the normal level of whining, fussing, and tantrums is enough to make them lose their cool.

Today, as all of us are faced with a national tragedy, the anger, anxiety, and fear we may be feeling can further fray our nerves. But we can't give into these understandable emotions when we're around our children--they need us to be calm, controlled, assuring, and patient.

**Mutual support** - It's very important to pay attention to our own levels of stress and shock. If you feel, as many of us do, a sense of unreality or being dazed, or if you feel a physical response to the news--tenseness in the chest, for example--these are normal and expectable responses to the tragedy. As soon as you can, find a friend, relative, or colleague, and talk about your feelings--and listen in turn to theirs. Getting this support for yourself is crucial, so that you will be able to be calm and confident with your children."

It is important that you continue to talk to your children about the events of the past few weeks. Children's reactions may appear immediately or weeks after a traumatic experience. For more information and suggestions on how to talk with your children about the day's events and the events in the coming days, see the following web sites:

Talking to Kids About War  
AboutOurKids.org  
New York University Child Study Center  
<http://www.aboutourkids.org/articles/war.html>

Talking About Conflict and War  
The Learning Network  
<http://www.familyeducation.com/article/0,1120,20-6055,00.html>

Talking with Children about War - Pointers for Parents  
The Learning Network  
<http://www.familyeducation.com/article/0,1120,1-4412,00.html>

Talking with Kids about the News  
Children Now  
<http://www.childrennow.org/television/twk-news.htm>

## Typical Reactions after Trauma

**Five Years and younger:** Fear of separation from parent, crying, screaming, immobility, aimless motion, trembling, clinging, regression to early behaviors such as thumb sucking, bed wetting.

**Six to 11 Years:** Extreme withdrawal, disruptive behavior, inattentiveness, regression to earlier behaviors, sleep problems, outbursts of anger or aggression at school, stomach aches or other physical symptoms, problems with school work, depression.

**Twelve to 17 Years:** Responses like those of adults, including flashbacks, nightmares, emotional numbing, depression, drug abuse, problems with peers, anti-social behavior, school avoidance, sleep disturbance, confusion.

### Children need to feel safe and secure

Children, who are keenly aware of the emotional environment around them, need to be made to feel safe and secure and to understand – at an age appropriate level – what's going on.

- Explain what happened, simply and factually. When you don't know, say so. School-age children may benefit from seeing on a map how far away the incidents were.
- Encourage children to express feelings; allow them to be sad. Ask questions to elicit reactions, feelings and fear.
- Let children know it's normal to be upset or fearful
- Reassure children that you will take care of them; stay with them as much as possible.
- Problems commonly occur at bedtime; try to follow a calming bedtime routine.
- Don't criticize regressive behavior (thumb-sucking, bed wetting, clinging); be accepting and reassuring.
- If yours is a religious household, prayer, reading religious works or other rituals will reassure children.
- Deal with your own fears; talk to others, do what calms you.





## Fleet and Family Support Center (FFSC)

Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108

Phone: (808) 473-4222

NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050

Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

Meeting Your Needs at Home and at Sea

## OCTOBER 2001 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">DOD JOB SEARCH</a>	OCT 29	1:00 PM - 2:30 PM	NCTAMS PAC
<a href="#">FEDERAL EMPLOYMENT</a>	OCT 2	8:00 AM - 10:00 AM	
<a href="#">INTERVIEWING SKILLS</a>	OCT 9	5:00 PM - 7:00 PM	
<a href="#">JOB SEARCH VIA THE INTERNET</a>	OCT 23	1:00 PM - 2:00 PM	
<a href="#">RESUME WRITING</a>	OCT 16	8:00 AM - 10:00 AM	
<a href="#">RESUME WRITING</a>	OCT 17	8:00 AM - 10:00 AM	
<a href="#">UNDERSTANDING PERSONALITY TYPES IN CAREERS</a>	OCT 18	8:00 AM - 12:00 PM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
<a href="#">CAR BUYING STRATEGIES</a>	OCT 31	10:00 AM - 12:00 PM	NCTAMS PAC
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	OCT 4	12:00 PM - 1:30 PM	
<a href="#">COMMAND FINANCIAL SPECIALIST FORUM</a>	OCT 24	9:00 AM - 11:00 AM	NCTAMS PAC
<a href="#">COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)</a>	OCT 30 - NOV 2	7:30 AM - 4:00 PM	
<a href="#">LIFE INSURANCE BASICS</a>	OCT 17	2:00 PM - 3:30 PM	NCTAMS PAC
<a href="#">MANAGING MONEY AND CREDIT</a>	OCT 24	5:00 PM - 6:30 PM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	OCT 2-3	7:30 AM - 4:00 PM	NCTAMS PAC
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	OCT 25-26	8:00 AM - 4:00 PM	
<a href="#">MONEY SKILLS FOR KIDS (AGES 8-12)</a>	OCT 18	5:00 PM - 6:30 PM	NCTAMS PAC
<a href="#">MONEY SKILLS FOR TEENAGERS (13-15)</a>	OCT 23	5:00 PM - 6:30 PM	
<a href="#">PREPARING FOR THE HOLIDAYS FINANCIALLY</a>	OCT 11	1:00 PM - 2:30 PM	NCTAMS PAC
<a href="#">PREPARING FOR THE HOLIDAYS FINANCIALLY</a>	OCT 16	11:00 AM - 12:30 PM	
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	OCT 10	10:00 AM - 12:00 PM	NCTAMS PAC
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	OCT 25	1:00 PM - 3:00 PM	
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 3	9:00 AM - 11:30 AM	KANE OHE MCBH THEATER
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 4	9:00 AM - 11:30 AM	NAVAL SHIPYARD AUDITORIUM, BLDG. 2
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 18	1:00 PM - 3:30 PM	
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 18	9:00 AM - 11:30 AM	SHARKEY THEATER
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
<a href="#">FFSC BRIEF FOR COMMAND LEADERSHIP</a>	OCT 4	9:00 AM - 10:00 AM	
<a href="#">FFSC DAY AT THE NAVY COMMISSARY</a>	OCT 25	10:00 AM - 1:00 PM	

OMBUDSMAN/VOLUNTEER CLASSES/MEETINGS	DATE	TIME	*LOCATION
<a href="#">COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING</a>	OCT 18	6:30 PM - 8:30 PM	LOCKWOOD HALL
<a href="#">COMSUBPAC OMBUDSMAN ASSEMBLY MEETING</a>	OCT 16	6:00 PM - 9:00 PM	LOCKWOOD HALL
<a href="#">OMBUDSMAN BASIC TRAINING (I-VI)</a>	OCT 1, 2, 3, 4, 9, 10	5:00 PM - 9:00 PM	
PARENTING CLASSES	DATE	TIME	*LOCATION
<a href="#">BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN (AGES 1-4)</a>	OCT 11	8:00 AM - 10:30 AM	NCTAMS
<a href="#">DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 5-10)</a>	OCT 23	9:00 AM - 11:00 AM	
<a href="#">LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 1-4)</a>	OCT 16	10:00 AM - 1:00 PM	
<a href="#">MANAGING THOSE WONDERFUL TEENS (AGES 11-17)</a>	OCT 18	9:00 AM - 11:00 AM	
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
<a href="#">ADULTS MOLESTED AS CHILDREN (ON GOING)</a>	OCT 2, 9, 16, 23, 30	1:00 PM - 3:00 PM	
<a href="#">ANGER MANAGEMENT</a>	OCT 17	8:00 AM - 11:00 AM	
<a href="#">BREAKING UP: MOVING ON (I-IV)</a>	OCT 9, 16, 23, 30	5:00 PM - 7:00 PM	
<a href="#">COMMUNICATING WITH KIDS AND TEENS</a>	OCT 16	5:30 PM - 7:00 PM	
<a href="#">FAMILIES GROWING AND CHANGING TOGETHER</a>	OCT 23	5:30 PM - 7:00 PM	
<a href="#">FIGHTING FOR YOUR MARRIAGE (I-IV)</a>	OCT 3, 10, 17, 24	5:00 PM - 7:30 PM	
<a href="#">KNOW WHAT YOU WANT, SAY WHAT YOU WANT, GET WHAT YOU WANT</a>	OCT 9	5:30 PM - 7:00 PM	
<a href="#">MARS AND VENUS COMMUNICATING</a>	OCT 2	1:00 PM - 3:00 AM	NCTAMS PAC
<a href="#">NEW DIRECTIONS SUPPORT GROUP</a>	OCT 4, 11, 18, 25	3:00 PM - 4:45 PM	
<a href="#">PARENTING POWER</a>	OCT 2	5:30 PM - 7:00 PM	
<a href="#">RESOLVING FAMILY PROBLEMS</a>	OCT 30	5:30 PM - 7:00 PM	
<a href="#">STRESS MANAGEMENT</a>	OCT 3	8:00 AM - 11:00 AM	
RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">ALOHA TOUR</a>	OCT 17	7:45 AM - 3:30 PM	
<a href="#">CHINATOWN WALKING TOUR</a>	OCT 24	9:00 AM - 1:00 PM	
<a href="#">HOME BUYING SKILLS WORKSHOP</a>	OCT 25	5:00 PM - 8:00 PM	
<a href="#">SPONSOR TRAINING</a>	OCT 11	8:00 AM - 10:00 AM	
<a href="#">WELCOME TO HAWAII</a>	OCT 4	8:00 AM - 10:00 AM	
<a href="#">WELCOME TO HAWAII</a>	OCT 10	8:00 AM - 10:00 AM	NCTAMS PAC
SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
<a href="#">SAVI COMMAND REPRESENTATIVE TRAINING (I-III)</a>	OCT 23-25	8:00 AM - 4:00 PM	
<a href="#">SAVI VICTIM ADVOCATE REFRESHER TRAINING</a>	OCT 9	12:45 PM - 2:45 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">EXECUTIVE TRANSITION ASSISTANCE PROGRAM (ETAP) SEMINAR (I-III)</a>	OCT 2-4	7:30 AM - 4:00 PM	
<a href="#">NETWORKING</a>	OCT 30	8:00 AM - 10:00 AM	
<a href="#">PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</a>	OCT 5, 12, 19, 26	8:00 AM - 11:00 AM	
<a href="#">SEPARATION/TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)</a>	OCT 16-18 OCT 23-25	7:30 AM - 4:00 PM	

**All classes are located at the Fleet & Family Support Center, Bldg. 193, Pearl Harbor, unless otherwise indicated.**

# FAMILY SUPPORT CENTER @ HICKAM AFB

***Building 1105, 449-2494 or 449-6475***

**DEALING WITH DIFFICULT PEOPLE, Oct 3, 9:00-11:00**

**a.m.** Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

**DEPARTMENT OF VETERANS' AFFAIRS (VA)**

**BENEFITS COUNSELING, Oct 16, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**FAMILY READINESS BRIEFING, Oct 1, 15, 22, & 29, 1:00-2:30 pm.**

Create your own Personal Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**HOW TO START AND EXPAND YOUR OWN BUSINESS,**

**Oct 25, 1:00-3:00 pm.** If you are thinking about starting your own business, this workshop is a must! A representative from the US Small Business Administration (SBA) and Milton Kwock, Manager of the Business Action Center, DBEDT, State of Hawaii, join forces to present a general overview and key considerations for potential entrepreneurs.

**INTERVIEWING WITH CONFIDENCE, Oct 30, 9:00-11:00**

**am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**INVESTING MADE SIMPLE, Oct 31, 1:00-2:00 pm.** This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available which can help you build your financial future.

**LOOKING FOR EMPLOYMENT IN HAWAII, Oct 2 & 23,**

**8:30-11:00 a.m.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank.

**MONEY MANAGEMENT, Oct 3, 1:00-2:00 pm.** This "hands on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NEW TO HAWAII FINANCIAL BRIEFING, Oct 10, 1:00-**

**2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

**OPERATION HALLOWEEN, Oct 30, 4:30-6:30 pm (FSC Lanai).** The Family Support Center and Family Member

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

Programs cordially invite you and your children to enjoy "free" pre-Halloween festivities.

**PICK A WINNING MUTUAL FUND, Oct 24, 1:00-2:30 pm.**

You've determined your risk tolerance and asset allocation and are ready to invest. With over 8,500 mutual funds available, how do you choose one that meets your needs? This class will teach you the dos and don'ts to increase your chances of choosing the right mutual fund for you.

**PLAYMORNINGS, Tuesday-Friday Sessions, Oct 2-31, 9:00-**

**11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**SINGLE PARENTS ARE SPECIAL (SPARES), Oct 18, 11:00**

**am-12:00 pm (FSC Lanai).** This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

**SMOOTH MOVE, Oct 25, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Oct 4, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP)**

**WORKSHOP, Oct 16-18, 8:00 am-4:00 pm, Daily (Chapel**

**Annex, Bldg 500).** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Oct 4 & 18, 11:45 am-12:45**

**pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Oct 10, 11:30**

**am-1:00 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING,**

**Oct 16, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

## **SECRETARIES MARTINEZ AND RUMSFELD ANNOUNCE MORTGAGE RATE CUT FOR AMERICA'S MILITARY**

WASHINGTON - Reservists and members of the National Guard called to active duty will receive a cut in their home loan interest rates for the first time since the Gulf War, U.S. Housing and Urban Development Secretary Mel Martinez and Defense Secretary Donald H. Rumsfeld announced today at a Pentagon briefing.

Under the 1940 Soldiers' and Sailors' Civil Relief Act, HUD is advising all FHA-approved lenders to reduce mortgage interest rates to no more than six percent for military personnel on active duty.

"When our sons and daughters in uniform are called upon to serve this great nation, we will stand behind them. We want to reassure our servicemen and women that while they are focused on protecting America, we will do everything we can to protect their families' housing needs," said Martinez today in a joint appearance with Rumsfeld. "Today's announcement with the Department of Defense is another example of the cooperation we've seen throughout the federal government as we look for ways to assist American families."

"During this crisis, it is important that the Department of Defense and Department of Housing and Urban Development work together to develop inter-agency programs to assist uniformed men and women and their families to relieve their mortgage burden," said Rumsfeld. "The Soldiers' and Sailors' Civil Relief Act will enable our military forces to focus on combating terrorism and not have to worry about their families' financial security at home. The Department of Defense and the U.S. Government will do everything they can to support our troops as they serve and sacrifice for our country."

Reservists and Guardsman on active duty should immediately contact their lenders to take advantage of the mortgage rate cap. The Soldiers' and Sailors' Civil Relief Act prohibits any mortgage lender from initiating foreclosure action against persons in military service while on active duty and three months thereafter without court approval or an agreement between the parties.

Some active duty military personnel may also qualify for this interest rate cap if they incurred their mortgage debt prior to their active duty. In addition to the mortgage rate reduction and expanded foreclosure protection, Martinez is taking the extraordinary step of encouraging mortgage lenders to postpone principal payments for all servicemen and women during their activation and three months thereafter. Martinez also reminded military members that the Soldiers' and Sailors' Civil Relief Act provides renters a measure of protection against eviction and the ability to terminate their leases during this recall period.

Beginning on Tuesday, September 25, HUD will activate a toll-free number for servicemen and women with questions concerning their mortgage. For more information, call 1-888-297-8685 between the hours of 7 a.m. and 7 p.m. on weekdays.



# Greensheet

National Council of Coast Guard Spouses' Club

## SPOUSES' CLUBS ONLINE REGISTRATION

A new school year has started again, and with it, a new year for CG spouses clubs. National Council wishes everyone an enjoyable and successful year and wants to remind all clubs to please register their club, including new officers, on the National Council website. This is our primary method of finding out who and where you are so we can keep in better communication with you and help or advise if needed. The website address is [www.cgspouses.net/clubs/](http://www.cgspouses.net/clubs/).

If you have any questions on club issues this year with which we may be able to help, please feel free to e-mail us at the addresses on our site. Thank you for your help with this matter and best wishes for a terrific year!

Lori Stillman and Judy Brusseau  
Co-Chairs of National Council

## Anniversary Celebration

By Lori Stillman

Nearly 75 Coast Guard spouses gathered at Bolling Air Force Base in Washington, D.C. on May 10, 2001 for a luncheon to celebrate the 75th anniversary of the Coast Guard Officers' Spouses' Club of Washington, D.C. and the 50th anniversary of the National Council of Coast Guard Spouses' Clubs.

The group was welcomed by Judy Brusseau, who chaired the event, and colors were presented by the Coast Guard Honor Guard. Histories of the Washington, D.C. club and the National Council were given by Presidents Marla Viekmán and Lori Stillman, respectively. The main address was given by Admiral James Loy, Commandant of the Coast Guard.

Several members of the clubs, led by Brenda Bell and Alice Parker, entertained the guests with a wonderfully humorous skit portraying Coast Guard spouses' clubs

then and now - from the 1950's to present. Pidge O'Connell, a club member for over five decades, tied everything together with her summation of club membership and what it means. Musical entertainment was provided by the Coast Guard Cutters.

The program also included honors for members who have given continuous service to Coast Guard wives/spouses clubs for several decades. Those honored were Marge Hirschfeld and Dottie Chiswell for over 60 years of service and Doris Hutson and Ruth Rea for over 55 years of service. Balloons were presented to Mrs. Jean Shields in honor of her recent 90th birthday. The luncheon concluded with a rousing rendition of Semper Paratus.

The anniversary luncheon was a joyous celebration of a rich history for these two organizations and a commitment to future support of Coast Guard spouses' clubs throughout the nation.

## Wanted: Coast Guard Spouses

Coast Guard spouses' clubs are looking for spouses to share in fellowship, networking, information exchange, and community service. Many hands are needed to lighten the workload of all. No experience necessary! Contact your local spouses' club for a membership form.

*This edition of the GREENSHEET is  
dedicated to the victims and their  
families of the September 11<sup>th</sup>  
terrorist attacks.*

*We also wish to thank all the rescue  
workers and care givers who have*

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*given unselfishly of their time and efforts.*

*God bless each and everyone!*

### **Newsletter Contest Time! Spouses' Clubs & Ombudsmen**

#### ***New Category Added – Spouses' Clubs' Websites***

Attention all spouses' clubs and Ombudsmen! It's fall and time to kick off this year's newsletter contest. We have a new category, Spouses' Clubs' Websites. It seemed like the next step to take considering many clubs have stopped publishing newsletters on paper in favor of a club website. The contest is kicked off in the Fall Edition, closed in the Winter Edition, and the winners announced in the Spring Edition. So let's get started!

National Council recognizes the need of all Coast Guard spouses to be in the information loop. The spouses' clubs' newsletters and the Ombudsman unit newsletters are valuable communication tools to fill the need of spouses to be kept informed. Our goal is to offer the challenge of a contest in hopes of starting newsletters for those without, and improving existing ones. We also realize some spouses' clubs have gone beyond the paper copy newsletter and started their own websites.

This contest is a National Council of Coast Guard Spouses' Clubs function and sponsored by the Coast Guard Foundation. This partnership has been forged in mutual support of family quality of life programs. And thanks to the Coast Guard Foundation's generosity, this year's contest is even bigger and better!

Starting this year the Newsletter Contest will have three categories: (1) spouses' clubs' newsletters, (2) Ombudsmen newsletters, and (3) spouses' clubs' websites. Each will have the same award levels and prize money. The top three in each category will win prize money and have their newsletters posted on line.

#### **Contest Rules**

1. Your spouses' club must be registered with National Council or you must be an officially appointed Ombudsman registered with your

Ombudsman Coordinator at your Work Life Center.

2. Spouses' clubs may enter only one category per contest.

#### **3. NEWSLETTERS:**

- All newsletters will be judged on a point system: Logo-10, Format-20, Graphics/Art-15, Article Content-30, and Local Interest-15.
  - Do not submit newsletters with colored logo, print, graphics, or photos unless the newsletter is distributed to all members or families with the same colored copies.
  - All newsletters must be published between August 2000 and January 2001.
  - Submit a cover letter with the editor's name, address, phone number, email address, name and location of your club or unit.
4. Send five copies of the edition you have selected to enter. All hard copy newsletter entries must be postmarked by January 30, 2002. Send entries to: Anne Perkins, P.O. Box 1144, Islesboro, ME 04848. Entries will not be returned.

#### **5. WEBSITES:**

- All websites will be judged on a point system: logo/graphics/wallpaper 15, page links/hyperlinks 15, article content 30, main menu/site map 20, and site/page format 20.
  - All websites must be online as of November 1, 2001.
  - Submit your email application with the webmaster's name, snail mail address, email address, phone number, name and location of your club to [Perk81@aol.com](mailto:Perk81@aol.com) (Anne Perkins). Please put "NC Contest" as your subject line.
  - All email entries must be submitted to Anne Perkins by January 30, 2002.
6. An impartial, civilian panel will do the judging. There will be prize money paid for the First, Second, and Third Place winners in each of the three categories. The prize money will be paid to the club or the unit morale fund in support of the Ombudsman Program. All other entries will be Honorable Mentions.
  7. Winners will be announced in the Spring Edition of the GREENSHEET and posted on line at: <http://www.cgspouses.net/clubs/>

Have fun and be creative! Good luck and happy editing!

### **Help Disaster Relief**

- Give blood!
- American Red Cross Disaster Relief: [redcross.org](http://redcross.org)
- USO: [uso.org](http://uso.org)

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- Army Emergency Relief: aer.org
- Navy-Marine Corps Relief Society: nmcrs.org
- Air Force Aid Society: afas.org
- Tragedy Assistance Program for Survivors: taps.org

## This Quarter

**October** – Columbus Day, Fire Prevention Week, Domestic Violence Awareness, Breast Cancer Awareness, Sudden Infant Death Syndrome, Halloween

**November** – All Saints' Day, Election Day, Veterans' Day, National Adoption, Child and Safety, Alzheimer Awareness, Great American Smokeout, Military Family Week Thanksgiving

**December** – Drunk and Drugged Driving Prevention, Safe Toy and Gift, World's Aids Day, Hanukkah, Christmas, New Year's Eve

## Ombudsman Corner

### Careline Guidelines

Carelines are dedicated phones lines with a posted message and or voice mail, which is accessible 24 hours a day, seven days a week. This phone line, with services, is provided by the command and not for personal use. Unit Ombudsman will access the number to post voice messages.

- During deployments the Ombudsman may prepare a voice message on information received from the command. This message may not contain the location of the unit, or dates and locations of port calls. Classified information may not be posted on the careline.
- Ombudsman contact information/instructions can be posted for families with questions or concerns.
- Announcements for mail or parcel drop off and delivery to the unit may be given.
- Unit social/sport activities during deployments and imports may be posted.
- In the event of a natural disaster, unit incident, or national emergency during a deployment, check with the Public Affairs Officer before posting the information. This message requires brief, concise facts and contact information.

Careline information/numbers should be listed with Ombudsman contact information given to all unit family members. Families of single personnel are also encouraged to use the careline.

## Rights and Benefits

As of press time:

- Defense Authorization Bill Pending: Scheduled to go to the Senate floor the week of September 24<sup>th</sup> with possible consideration for eliminating disability offset to military retired pay and to increase the age 62 Survivor Benefit Plan annuity. This also has pieces for Basic Allowance for Housing increases, Impact Aid, Transfer of GI Bill education benefits to a family member, and medically skilled care for TRICARE patients in custodial care.
- **TRICARE** offers an online course called TRICARE Basic Student Course for greater understanding of medical benefits at: <http://199.211.83.208/public>
- Look for tighter ID checks in commissaries and exchanges until further notice.
- The Full Service Move Pilot has been terminated.

## Protocol and Manners

### Thank-You Notes

A thank-you note should be written within seven days of attending an event or receiving a gift. The envelop should be addressed to the host/hostess or organization. The note should be dated, addressed to the host/hostess, contain a comment on the occasion or gift, an expression of thanks, and respectfully signed.

### Letter of Condolence

These are very difficult letters to write but very appreciated by the receiver. The envelop should be addressed to the widow/er or family, if applicable. The note should be dated, addressed to the widow/er, contain an expression of sympathy, encouragement, and desire to help, and respectfully signed.

## Scholarship Information

Do you have a family member getting ready for college or already attending? Tuition money doesn't grow on trees. Here are some scholarship and grant programs

- 2002 Defense Commissary Agency/Fisher House Scholarships for Military Children



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Program. Look for information in your local commissary starting 1 November, or at [www.commissaries.com](http://www.commissaries.com)

- Coast Guard Mutual Assistance Education Grant and Loan Programs for spouses' and dependent children of Mutual Assistance eligible personnel. Website at: [cgmahq.org](http://cgmahq.org)
- The Vander Putten Family Scholarships for active duty, enlisted CG personnel. For information email: [ywright@comdt.uscg.mil](mailto:ywright@comdt.uscg.mil) or [rskewes@comdt.uscg.mil](mailto:rskewes@comdt.uscg.mil)
- The Arnold Sobel Endowment Fund Scholarship for CG dependent children. For information email: [ywright@comdt.uscg.mil](mailto:ywright@comdt.uscg.mil).

Don't forget to check with your Educational Officer for testing out of college credits using CLEP or DANTES. These test are free for active duty and their dependents. This is a great way to get some of the required liberal arts courses out of the way before setting foot in college.

### The Lawnmower Rule By Wanda Allen-Yearout

In 1980 we transferred to the USCGC DURABLE, then stationed in Brownsville, Texas. And it seemed like if we didn't have bad luck, we didn't have any luck at all. We sustained a lot of furniture damage. A hurricane hit just as we unpacked, and of course the ship got underway. My teaching certification was messed up and I started at a much lower salary. I could just whine on and on here.

As it always happens, the ship was starting a patrol and the grass was out of control in our ½ acre yard. As my husband left he told me to go buy a lawnmower and mow the grass. This didn't seem like a hard task. I had paid the bills and knew how much money I could spend, and I knew about how big of a mower I could physically handle. Off I went to Sears and bought a nice blue lawnmower, on sale, of course.

By the time my husband returned, I had mowed the grass several times and had everything in good shape. I was more than happy to give the lawn-mowing chore back to him. When it came his turn, he only mowed the small front yard before he came inside to complain about the crummy lawnmower I had bought.

This was the proverbial straw that broke the camel's back, only in my case, it was a lawnmower. After the

dust settled I decided we needed some ground rules. This is what I came up with:

*I will make the best decision I can with the information I have. There will be no condemnation from the other spouse. We will live with the decision. If it turns out to be wrong, we will learn from it and move on.*

This may sound ultra simple, but it stops arguments, and saves lives. There is no more assigning the titles of "Who's Right" and "Who's Wrong". When they start printing the "Rules for Marriage" on the back of the marriage certificate, I hope they include this one.

Now days, I use this life lesson when I do pre-deployment briefings called "Hearts Apart". After giving the briefing to one of our 378's, one of the crew came up to me a few days later in the exchange. He just wanted to tell me he had invoked the "Wanda Rule" at his house. We both laughed.

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*Sept. 11, 2001*

*Our heads have been bowed,  
Our eyes have wept bitter tears,  
Our knees have been bent in prayer,  
But now...  
WE STAND!*

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### National Council of Coast Guard Spouses' Clubs

<b>Honorary Advisors:</b>	Kay Loy, Nancy Collins
<b>Advisor:</b>	Brenda Bell
<b>Co-Chairs:</b>	Lori Stillman, Judy Brusseau
<b>Admin.:</b>	Trena Stalfort
<b>Finance:</b>	Anne Perkins
<b>By-Laws:</b>	Judy Brusseau
<b>Communications:</b>	
Website Coordinator;	Mandi Stehn
GREENSHEET Editor	Wanda Allen-Yearout,
Newsletter Contest	Anne Perkins
Co-Chairs	Wanda Allen-Yearout
<b>Work Life Liaison-</b>	Elaine Sweetland

Contact Board members at: [www.cgspouses.net/clubs/](http://www.cgspouses.net/clubs/)

Contact GREENSHEET Editor, Wanda Allen-Yearout, by email at [yearout@aol.com](mailto:yearout@aol.com) . Please submit any fundraising

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or organizational tips for your club. Ombudsmen are also encouraged to submit issues/concerns for the Ombudsman Corner.

Deadline for the Winter Edition 2002 is November 26, 2001.

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## CHILDREN CAN COPE

By Brian J. Olden, LCSW, DCSW

Heidelberg, Germany -- For the first time in American history, the United States has experienced coordinated terrorist attacks in several locations. We are all shocked, grieved, fearful and angered by the experience. Most of us walk around feeling that something like this could never happen to us. Now that it has, we have to deal with that reality. Children will have varied reactions to this experience. However, they may not have the opportunity or ability to express their feelings as adults do. So, as parents, caregivers and teachers we will have to help the children find positive and constructive ways to express their feelings.

What we all are dealing with is a crisis, and principles of crisis intervention state that it is important to try to reach a state of balance as soon as possible, in order to return to our previous level of functioning. For children, this means trying to establish as much of a safe and secure environment as possible. Try to use every opportunity to reinforce for your child that they will be safe. Reassure your child that the adults in their life are doing their best to keep things like this from happening. Point out to them that the Army, the police, and the firemen are there to help. Most importantly, keep in mind that children will observe how the significant adults in their life are handling the crisis, so it is important to remain calm and try to maintain routines and stability at home.

So, what feelings are children likely to have? Shock, fear, confusion and/or anger are all possible reactions. If a child has been touched more directly by these attacks, if a family member or close friend or relative has been hurt or killed in an incident, a child's reactions are likely to be more intense. If a child withdraws, try to gently draw the child out by getting him or her to talk, write, or draw about their feelings. Honest, simple discussions of your own reactions may help.

It is important to allow your children to talk about their feelings and their understanding of what has happened. Ask them questions about what they know so you can assess their reaction and understanding. False reassurances and simply dismissing their fears are generally not helpful. How well they understand it and how well they will be able to express themselves will depend on their age. Parents and caregivers should also take age and developmental level into consideration when telling their children about the terrorism. We don't want to give children more than they can handle.

If there are young children around the house, parents will want to limit the amount of television news coverage the children are exposed to. Constant images of destruction may be overwhelming. Preschool age and younger children will mainly need to be assured that they and their family are safe, and descriptions of what has happened should be simple. In addition to the emotions mentioned above, young children may temporarily regress in some of their skills or habits. Older children and teenagers may be more curious, may want to see more of the news coverage, and should be encouraged to talk about their questions and their feelings. It is a good idea for parents to watch the news with their children. They will also need reassurances that they are safe and will be taken care of.

In any crisis situation, group support is very beneficial. The school is an excellent setting for this to occur, so teachers and counselors can encourage discussion of the events and feelings related to them in the classroom. If your child attends a local national school, be aware of teasing which may occur in that setting. While European nations have expressed solidarity and sympathy with the U.S., children can sometimes be cruel. Be sure to make an opportunity to speak with your child about what is being said in their school.

Finally, parents, caregivers and teachers should be aware of more serious reactions. Changes in sleeping or eating patterns, mood changes (anxiety, irritability, and aggressiveness), withdrawal or school refusal, which persists, may require more attention. Teens are likely to express more serious problems by being oppositional and acting out. In these circumstances, seek out a qualified mental health professional for assistance.

*Brian Olden is a Licensed Clinical Social Worker and is currently the Chief of the Educational and Developmental Intervention Service (EDIS) at the USAMEDDAC in Wuerzburg, Germany.*

# **Tripler's Obstetrics & Gynecology Clinic outlines Same-Day Evaluation appointments**

Tripler Army Medical Center Public Affairs Office (Ph: 808-433-5785)

News Release Number 00-114

HONOLULU –Tripler Army Medical Center's Obstetrics & Gynecology Clinic staff has policy guidelines it is asking patients to follow that are outlined below, according to Maj. Deborah J. Crawford, the clinic's head nurse. The clinic staff's goal is to provide a safe environment for everyone.

- Care provided for patients with emergency conditions, as determined by the nursing/physician staff of the clinic, will be seen as a priority whenever identified.
- Active-duty patients in uniform will be seen without appointments only during the first hour of clinic operation.
- All other patients needing to be seen for an acute or urgent problem will be seen on an appointment-only basis. Please call 433-2778, extension 413, 7:30 a.m. – 2:30 p.m., weekdays to schedule an appointment.
- Patients who arrive in the clinic needing to be seen for an acute or urgent problem without a scheduled appointment, will be given the next available appointment. This appointment may be several hours from the time of arrival in the clinic. Patients may return at the scheduled appointment time, or may check-in early for that appointment; however, the clinic staff may not be able to see patients before the scheduled time.
- Children over 12 weeks and under 12 years of age are not allowed in the clinic during the hours of operation of the clinic to ensure their safety and well being. Patients are asked to please arrange childcare for their appointments.

(Note: The Children's Waiting Room is a new free service at Tripler patients may use if they have a medical appointment with no one to care for their child. It is near the Pediatric Clinic, mountainside fourth floor, and is run by the Armed Services YMCA. Appointments are recommended and can be made by calling 833-1185 but drop-in children will be accepted if there is room.

Parents must present a slip from the doctor verifying the medical appointment when picking children up. No sick children are allowed, maximum drop-off time is 2 and a half hours, and children will not be fed or provided refreshments. The staff is not able to give medications to the children. Call the number above for more information or to volunteer for the program.)

- Appointments are now available for patients needing to receive injections by the nursing staff in the Same Day Evaluation Clinic. Appointments may be made by calling 433-2778, extension 411 in advance, or 433-2778, extension 413 the day that the injection is needed.

Crawford thanks patients in advance for their assistance in making the clinic a safer place for everyone.



# PSAP- Primary School Adjustment Project

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for family members, special needs, and adoption reimbursement.*

**What is PSAP?** It may be a program that could benefit your elementary aged child!  
With the terrorist event on Sept. 11, many of our children may be experiencing fearfulness, anxiety, or other social difficulties.

At Red Hill Elementary School, **PSAP-Primary School Adjustment Project**- has been in progress since the opening of school in August. For Primary grades Kindergarten – Three (K-3), the main goal is to provide encouragement and support services to young children who are having difficulty adjusting to school. The prevention of mental health problems in children through early identification, the immediate support of a warm and caring adult, the involvement of key school personnel in a team approach, a school selected mental health consultant, plus the involvement of parents,- all of these set the stage for your child to succeed in the early grades.

Each school is staffed by a full time child aide and a half time home-school liaison, who are supervised by the principal and the school counselor. A child psychologist or psychiatrist is contracted to provide consultative services and meets regularly with the entire school team (the teacher, principal, counselor, child aide, school social worker, and home-school liaison) to review the student's needs and coordinate follow-up. Project funds provide for substitutes while teachers participate in team conferences or in-service training activities.

## IDENTIFICATION PROCESS

Faculty and parent orientation sessions provide key players the details of project goals and services. Teachers initiate a referral in

consultation with the principal and counselor. The child's problem may include anger management, distractibility, low self-esteem, peer difficulties, fearfulness, anxiety or other social difficulties. The school notifies parents that their child is being considered for the program, informs them about the project and requests written consent for participation. Parents share information about the child's background through a home interview or school meeting. The child aide meets with the child or makes classroom observations to gather information regarding the child's perspective. An intake conference is scheduled, parents are invited to attend, and the school team shares the information about the child, identify specific behaviors to be addressed and suggest appropriate intervention strategies.

Typically, children meet with the child aide, individually or in groups of 3-4 students, once or twice a week in a project room equipped to allow for art, free play, directed activities or discussion. The aides form a close relationship with each child and use a variety of play and guidance materials to help the child talk about his feelings, learn problem solving, and practice social skills.

At intervals during the school year, team meetings are held to discuss the progress of each participant and whether additional follow-up or a change in the program may be indicated. When a child has met his prescribed goals and has adjusted well to school, the child is recommended for exit from the program.

# ***Terrorism and Character***

by Michael Josephson, Josephson Institute of Ethics

**I**t may be many weeks before we know how many lives were lost or ruined in the terrorist attacks in New York and Washington. It will take longer to discover the impact on our personal and national character. One thing for sure, the calamity of September 11th will have a lasting impact on the American psyche. Terrorism isn't new but it's never occurred on this scale before and we can't escape the implications of this conclusive evidence of our vulnerability to instantaneous mass destruction.

To put the enormity of what just happened in perspective, the 1983 attack on the Marine Barracks in Beirut killed 241. The 1988 downing of Pan Am 103 killed 270. Six people died in the World Trade Center bombing in 1993 and the Oklahoma City bombing in 1995 killed 169. In 1998, explosions in two American embassies in Africa killed 224 people including 12 Americans. Fifteen students died in the Columbine shootings in 1999 and in 2000 17 were killed in the terrorist attack on the USS Cole 17. At Pearl Harbor, about 2,400 seamen were killed. It is possible that the death toll on the morning of September 11 will exceed all these tragedies combined.

In the next days we will see close ups of horrible carnage and we will be confronted with choices that could alter the nature of our society and change us as individuals. As a frantic desire to lay blame and find solutions envelops public discourse, some of the distinguishing characteristics of American policy will be challenged and we have to be careful not to compromise principles that have defined our national character.

I'm not worried about over-reaction against the perpetrators of this mass murder if they can be identified with reasonable certainty. Both my sense of justice and belief in the value of deterrence justifies a swift and strong reaction.

I am worried that our hunger for retribution can lead us to adopt policies that overcome our best instincts and values. In the aftermath of Pearl Harbor, we turned our backs on our most cherished traditions and created internment camps literally imprisoning thousands of innocent and loyal Americans of Japanese decent.

Already, ethnic stereotyping and talk about mass retaliation, removing prohibitions on assassinations, and giving the FBI and CIA expanded powers challenge our sense propriety and civility. This is a time for caution. Anger and fear are natural but if we are not thoughtful, our defenses could be more dangerous than our enemies.

But more than our national character is at stake. Filled with compassion, fear, rage, and a desire for revenge we can emerge more caring or more callous.

We know that mortality statistics can't begin to convey the personal grief behind those numbers. And while compassion and empathy are important qualities of character, they can cause pain. It's tempting to shield ourselves by turning away, but if we do, we risk becoming desensitized and we lose the opportunity to fortify our instinct to care. We should realize that embedded within the headlines are tens of thousands of individual tragedies and force ourselves to stay emotionally engaged because it strengthens our humanity.

It can be sad and depressing, but if we allow ourselves to imagine with our hearts what is being felt by every single child who became an orphan, every parent who lost a child, or by each husband and wife suddenly divorced by death, we are more likely to help others -- and to become better people.

091201

My fellow District 14 Coast Guardians:

September 11, 2001 was indeed a sad and tragic day for our nation. No doubt, words fail us at such times as these. Chaplain Ron Swafford, Pacific Area/District 11 Chaplain, captures well, I believe, the shared sentiments of our hearts and minds. May his prayer, then, be our united prayer.

"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea." (Psalm 46:1-2) "For this is our God for ever and ever; He will be our guide even to the end." (Psalm 48:14a)

God's grace and peace, Chaplain McKay

***"Devoted to God and country, we unite to provide innovative, life transforming service throughout the Sea Services and beyond."*** (Vision statement of the U. S. Navy Chaplain Corps)

***"Empowering D14 personnel and family members with God's strength for mission accomplishment and life enjoyment."*** (Vision statement of D14 USCG Command Religious Program)



**Lord, God and Heavenly Father, I cry out to You in pain, anguish and desperation. Your perfectly created world has been corrupted by those who live lives of evil and violence - and too often we as Americans have turned a deaf ear or a blind eye. Our country, in years past, turned to You and Your ways for guidance and solace. Today I ask that we as a "nation under God" return to You as our source of strength, comfort and support.**

**May those who lost loved ones in the terrorists' attacks today find a consolation from You that no human can give. Grant unto them your grace, mercy and peace. May those of us who did not share direct or personal loss do more than our part.**

**May our personal actions and our national response be informed by Your wisdom. Give to us as a nation a spirit of humility and love.**

**I pray for immediate cessation of the violence. May no more attacks occur.**

**I pray for Your protection for the rescuers and response personnel. May their feet be swift, their hands be skilled, and their professionalism be unwavering as they look upon horror after horror.**

**I pray for our President and all national leaders. Give to them great wisdom as they assess the situation and decide upon a response.**

**I pray for national unity and courage. May we be completely informed and wise in all our actions.**

**I pray for justice. May it be swift and sure.**

**I pray for peace. May it pass understanding.**

**I pray for a renewal of national character. And, may we find that character in Your greatness and holiness.**

**I pray that You will cover all the deficiencies in every human effort, even in this prayer. May Thy will be done on earth as it is in heaven.**

**For Thine is the kingdom and the power and the glory; forever and ever!**

**Amen!**





U.S. Department  
Of Transportation

Mailing Label

United States

Coast Guard

**Commanding Officer**  
**USCG Integrated Support Command**  
**Work-Life Center**  
**400 Sand Island Parkway**  
**Honolulu, HI 96819-4398**

Your Work-Life staff and friends send a warm "aloha" after the "Aloha Resource Fair" on September 5, 2001 at the KKH Community Center.



(Bot  
tom  
row,  
from

left: Mary Mansfield, Monica McBrady (KKH MWR Director), Jessica Dung, Nancy Kiffer (Work-Life volunteer). Center row, from left: Bungee the Clown, Faye Garan, Owen Norton, Wanda Allen-Yearout. Top Row, from left: Walt Wrzesniewski, Janine Wrzesniewski, Shirley Caban, Jeri Couthen.

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# *The Blue Horizon*

## E Kokua Pakahi Kahou

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September 2001

ISC Honolulu Work-Life Newsletter

Volume 9 Issue 9

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### You're Invited to Attend



**What:** Coast Guard Spouses Association Welcome Aboard Spouses Tea

**When:** Sunday, September 23, 2001 2:00- 4:00 pm

**Where:** Diamond Head Lighthouse

**Attire:** Aloha Apparel

**RSVP:** by Sunday September 9, 2001 to CGSA Vice President Jennifer Stone (834-7904)

RADM Ralph D. Utley & his wife Col. Peggy Baldwin have graciously opened their home for the annual CGSA Welcome Aboard Tea. Kama'aina are asked to bring a pupu to share with everyone. If you have a home business and would like to set up a demonstration table, please contact Donna Holcombe at 834-0069.

"Healthy & Hapai (Pregnant)":

Look Good, Feel Good Day!"

Sponsored by Healthy Mothers, Healthy Babies Coalition of Hawai'i

**When:** Tuesday, September 11, 2001

**Time:** 9:00am-1:00pm

**Where:** McCoy Pavilion, Ala Moana Park

**What:** A fun and stress-free day of support, pampering, education and information.

This day event for pregnant women will include agency providers from a variety of personal care and support areas including: **massage, aroma therapy, cosmetics, hair/nail care, breast feeding consultation, self-care, stress management and more.**

**Each service will provide an approximate 15-minute session to participants.**

*FREE On-site childcare will be provided.*

If you would like to participate, please call (808)951-5805 or just show up on Tuesday anytime between 9am and 1pm for a treat that you deserve. Contact Mary Mansfield at 541-1584 for additional information or directions.

#### Hickam Community Connections Conference

**When:** Friday, September 21, 2001

**Time:** 8:30am-3:45pm

**Where:** Hickam Community Center

**What:** Topics to be covered include: communicating with your loved one, quick meals, resume writing, marriage and money, effective stress reduction, conflict resolution, exercising, and more! (See insert for details)

*FREE childcare provided for children over 12 months of age*

#### JEMS Job Fair 2001

**When:** Tuesday, September 18, 2001

**Time:** 11:00am-4:00pm

**Where:** The Banyans Club, Pearl Harbor

**What:** Recruiters from local businesses, mainland companies, and Federal, State, and County Government agencies will be recruiting to fill their job vacancies. Open to all military ID card holders including: family members, active duty personnel, retirees and their eligible dependents, and reservists. (See insert for details)



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**

# Making the Most of Work-Life Programs

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

## Just Having Access to Work-Life Isn't Enough

A study documented in an issue of the *Employee Assistance Program Management Letter* states although an organization may offer work-life programs, if the employees don't perceive management support of those initiatives, then neither the company nor the workers will reap the potential benefits such as increased job satisfaction and decreased stress.

The study showed that while a large number of employees surveyed have family and personal responsibilities that impact their work-life balance and result in a tremendous amount of stress, nearly half had not used any work-life program within the past 12 months, citing corporate culture as the culprit. The study, conducted by the Gallup Organization found:

- 31 percent of the workforce surveyed felt their employer required its workers to choose between devoting attention to their families or advancing in their career;
- 31 percent indicated a belief that employees who put family needs ahead of their jobs are not looked at favorably;
- 41 percent believed that employees who adjust their schedules for family reasons are less likely to get ahead; and
- 30 percent said an unwritten rule keeps them from taking care of family needs on company time.

## Supervisor/Management Support is Essential

The findings suggest that a non-supportive environment significantly inhibits usage of work-life programs. Of the people who chose not to use work-life programs, nearly 30 percent cited corporate culture issues such as "confidentiality" a "non-supportive company atmosphere" and a "stigma attached to using work-life programs" as their reasons.

Attitudes of supervisors and managers are the single greatest factor in defining corporate culture and employee's use of work-life programs. Four out of 10 of the survey respondents said their immediate supervisor does not encourage them to use work-life programs.

In contrast, the survey found employees in work environments perceived as supportive not only used the programs more, but also were significantly more satisfied with their jobs and experienced lower levels of stress in balancing work, family, and personal lives. Specifically, when supervisors and managers did support work-life programs, workers were significantly more satisfied with their jobs than workers with non-supportive supervisors - 71 percent versus 47 percent, respectively.

## Getting the Most Benefit From Work-Life Programs

The study results indicate that one of the keys to getting the most benefit from work-life programs is not only to offer a variety of services, but also to actively support and encourage their use. Workers in this type of environment are most often highly satisfied with their jobs, experience the least amount of work/family conflict, and exhibit lower levels of stress and fewer incidents of minor health problems, according to the survey.

"It's not enough to simply offer work-life programs," said Ken Ross, senior vice president of Intracorp, the agency sponsoring the study. "Companies need to proactively and continually communicate program features and availability to all employees - and to help managers understand the return these programs can have on critical business metrics such as productivity, retention and satisfaction."

## Does the Coast Guard Measure Up?

So, supervisors and managers, how do you think the Coast Guard would rate on a similar study? Just because we have one of the best work-life programs available doesn't necessarily mean people are willing to access its services. Please take an honest look at your own beliefs and attitudes and see if you are doing the Coast Guard a disservice. After all, just like our civilian counterparts, we too, are interested in increased productivity, retention, and job satisfaction.

If you have any questions about the wide variety of services available at the Work-Life Center, call the EAPC at 541-1585. Or talk to any member of the Work-Life staff. We're all very proud of the services we have to offer!

## Quick Stats.....on Work-Life Issues

- Women assume more of the family's childcare and elder care responsibility than men, and experience more work/life stress than men. Forty percent of the women surveyed said that they experienced great amounts of stress in balancing work and family, compared with 26 percent of the men.
- Supervisors/managers who use work-life programs themselves tend to be most supportive of their workers work-life situation.
- The heaviest users of work-life programs are more likely to be married with children and have a spouse who works full time.

Source: Intracorp, 1998

\*\*\*\*\***FLAG VOICE 154**\*\*\*\*\*  
**SUICIDE**

The death of a friend, colleague, or family member as the result of suicide is a tragic event that is difficult or often impossible to understand. When a member of our Coast Guard family ends their own life, we are all affected directly or indirectly by this loss. **In the wake of the most recent suicide of an active duty Coast Guard member, our sense of loss has been compounded by the apparent misinformation that exists regarding the number of suicides that have occurred within the Coast Guard in recent years.** Adding to our difficulty to understand these tragic events is the fact that there are few consistent patterns or trends that can be determined from our review of statistics to explain why these suicides have occurred.

As we collectively engage in efforts to deal with this important issue in the most effective manner, it is important that accurate information regarding suicide rates be made available. **Regrettably, we have had four active duty suicides in FY-01. Over the past ten years, we have averaged five suicides and 23 suicide attempts among active duty members each year.** While these numbers may appear high to some, based on our active duty population, our numbers are comparable to national statistics.

**Although we may not be able to determine why someone has committed suicide, there are some warning signs and symptoms of potential suicide victims, and actions that can be taken if these signs or symptoms are noticed.** Earlier this year, for Suicide Awareness and Prevention Week, we published ALCOAST 220/01, which provided this information. Similar information was also distributed in Flag Voice 81, which addressed Suicide Prevention.

The Suicide Data Bank of the American Foundation for Suicide Prevention has just completed their first phase of a study designed to provide information that will allow us to better understand a person's thoughts, feelings, and behavior prior to suicide. The results of this phase of the study provide us with information that can help us identify a potential suicide victim and offer help and resources to prevent a suicide. **Three factors were identified as "markers" for what the study referred to as a suicide crisis. These "markers" include:**

1. **A precipitating event** - examples include the loss of a relationship on which the victim was dependent, the collapse of a career, or the fatal illness of a child.
2. **A person's affective state** - feelings of desperation, a sudden sense of abandonment, anxiety, rage, guilt, or humiliation appear to compound a person's depression. Of these factors, humiliation resulting from social or occupational failures, and desperation, plays a major role in precipitating an already depressed person into suicide.
3. **Behavioral manifestations** - three behavioral signs were identified: (1) speech (verbalized suicidal ideations), (2) actions (making an actual suicide attempt), (3) escalating self-mutilating or self-destructive behavior (substance abuse, speeding in a vehicle, a deterioration in everyday functioning which led to difficulties with employers or supervisors, absenteeism, loss of control, temper tantrums, breakups in relationships, or social withdrawal).

We should remember that a person who is in this kind of distress cannot make a rational decision. Although they desperately want to live, their pain is so intense that they want to make the pain stop, regardless of the cost.

**In a HIGH OPTEMPO organization such as the Coast Guard, we will inevitably come across individuals who will be exhibiting these signs and symptoms. Each of us must make the commitment to become familiar with and recognize these symptoms, identify individuals that may be in trouble, and seek assistance. In doing so you may very likely be helping to save someone's life.**

As an individual that may be suffering from depression, or thoughts of suicide, it is important to remember that you should not keep suicidal thoughts to yourself; **help is available. Reach out to a friend, a therapist, a family member, a religious/spiritual leader, or to the support network provided by the Coast Guard.**

Members of Team CG can obtain confidential assistance through the **Employee Assistance Program (EAP)**. The EAP is a professional counseling and referral service designed to help you with your personal, job or family problems. It is free, voluntary, and **confidential**. This program provides professional counselors that are prepared to assist you with virtually any issue or problem that may arise, including but not limited to concerns such as emotional, family, relationships, alcohol/drug use, job problems, and legal or financial problems. To obtain assistance, 24 hours a day, 7 days a week, 365 days a year, simply call **1-800-222-0364**.

You can also call or visit an **Employee Assistance Program Coordinator (EAPC)** at a regional work-life staff, which are located at Integrated Support Commands across the country. To contact the office nearest you, call **1-800-872-4957** followed by the extension listed next to these ISC locations: Alameda (252), Boston (301), Cleveland (309), Honolulu (314), Ketchikan (317), Kodiak (563), Miami (307), New Orleans (308), Portsmouth, (305), San Pedro (311), Seattle (313), St. Louis (302), and Washington, DC (932). Discussions of problems with an EAPC are also **confidential**.

You may also seek help from the **Chaplain Corps**, which is another confidential source of assistance, or from military treatment facilities that are on call 24 hours a day to assist you.

**The most difficult step in dealing with any problem that appears to be too big to handle is to ask for help.** The majority of people around us, whether they are a friend or a stranger, are willing to help someone in need. When you or a friend are facing difficult times, it may seem that to ask for help may be viewed as an admission of weakness; to the contrary, **asking for help is a sign of strength**. It is the most significant step that you can take toward addressing and resolving the problems that face you. **If you should find yourself facing troubling times that seem too difficult to handle alone, reach out to someone, anyone, and ask for help. You will likely be surprised just how quickly and effectively someone can help you address your problems.**

Regards, FL Ames

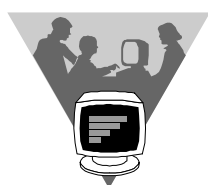
**The Coast Guard Exchange System web site for purchasing on line is now available! Go to <http://www.cg-exchange.com>. From this web site you can also get to <http://www.shopcoastguard.com> which connects you with the CGES store at the Coast Guard Academy -- lots of logo gear available.**



# JEMS (Joint Employment Management System) Job Bank

By  
**Shirley D. Caban**

*The ISC Honolulu Transition & Relocation Programs Manager's (TRM) mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information, including information on duty stations for CONUS and OUTCONUS locations. In addition, the TRM provides employment assistance including job referrals, resume assistance, and interviewing skills.*



**THE JEMS JOB BANK IS ON LINE!!!** This means you can use any computer (including your home) that has internet capability and start your job search.

JEMS is a joint military venture funded by the Air Force, Coast Guard, Marine Corps, and Navy. They network with employers to acquaint them with the unique qualifications of job seekers from the military community and the advantages of listing their job openings in the JEMS Job Bank. JEMS produces the JEMS Job Bank, sponsors the annual job fair, and hosts the biannual Hawai'i State Department of Education Jobs and Information Fair.

The JEMS Office provides the following guidelines on how to get started:

## **How to use the JEMS Job Bank: IT'S AS EASY AS 1—2--3!**

- 1) Contact your servicing Employment Resource Center (ERC) to register to use the JEMS Job Bank. Ms. Shirley Caban, Work-Life Center, can be reached at 541-1586.
- 2) Access the JEMS Job Bank from any internet-based computer and apply for the jobs that interest you.
- 3) Let Shirley know when you have found a job.

**Employment Resource Centers (ERCs) can assist you with all your job search needs.**

- Register to use the JEMS Job Bank
- Individual appointments with Employment Specialists/Counselors.
- Workshops on Career Planning, Conducting a Job Search, Resume Writing, Interviewing, Completing an Application, and many more.
- Client Resource Center has computers, printers, a library and other helpful resources.

**The JEMS Job Bank is easily accessible and absolutely free of charge, making it a great resource for the military community to find job openings in Hawai'i.**

- Exclusively for participating services' job seekers from the military community
- New jobs are added daily
- Job descriptions are detailed and contain company web sites
- Job seekers can search individually or in combination by six categories:
  - ✓ Job title
  - ✓ Job category
  - ✓ Geographic area
  - ✓ Work status
  - ✓ Company name
  - ✓ Job add date
- Job seekers have access to **More Info/Links** offering direct links to almost 100 company human resource web sites and Job Hotlines.



- Job seekers can arrange with their employment counselors to be notified about HOT job leads.

**When applying for the jobs that interest you, keep in mind that:**

- Many employers use multiple sources to list their job openings and may close their recruitment as soon as they find a qualified applicant rather than wait for the actual close date to make their selection. This means you will want to apply as soon as possible after a job is announced.

- Because new jobs are added daily, access the job bank often to view new listings.

**We want to know if your job search was successful!**

- Keep in touch with Shirley Caban if you need additional assistance to locate the right job for you.
- Advise Shirley if the JEMS Job Bank, Job Fair, or Hawai'i State Department of Education Jobs and Information Fair contributed to the success of your job search. In this way, you can ensure the continued operation of these services.

## JEMS JOB FAIR 2001

Tuesday, September 18 11:00AM to 4:00 PM  
The Banyans Club, Pearl Harbor

Recruiters from local businesses, mainland companies, and Federal, State, and County Government agencies will be recruiting to fill their job vacancies.

This is the perfect opportunity to talk with recruiters, drop off your resumes, pick up applications, and talk with company representatives—all in one place.

Come prepared to take advantage of this opportunity!

Bring a large store of resumes, your appointment calendar, and material to take notes.

Open to all military ID card holders including: family members, active duty personnel, retirees and their eligible dependents, and reservists.

**YOU MUST PRESENT YOUR MILITARY ID TO GAIN ENTRANCE.**

**NO CHILDREN WILL BE PERMITTED.**

A class on **Preparing for a Job Fair** will be held on 5 September at 1:00 PM at the Fleet and Family Service Center, Naval Station, Bldg 193, Pearl Harbor, HI. To register, call, 473-4222 ext 1.

Your Transition & Relocation Manager, Shirley Caban, gladly offers her services if you need assistance in writing a resume, or need more information. Call *now* to give yourself sufficient time to prepare for this annual event.

# FAMILY SUPPORT CENTER @ HICKAM AFB

***Building 1105, 449-2494 or 449-6475***

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

## **BALANCING WORK AND LIFE: TIME**

**MANAGEMENT, Sep 5, 9:00-11:00 am.** Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

## **DEPARTMENT OF VETERANS' AFFAIRS (VA)**

### **BENEFITS COUNSELING, Sep 11, By Appointment.**

Direct from VA. A counselor will be available for individual 30-minute appointments to address questions and concerns for separating/retiring personnel.

## **FAMILY READINESS BRIEFING, Sep 10, 17, & 24, 1:00-**

**2:30 pm.** Create your own Personal /Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**HOME BUYING 101, Sep 19, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**JOB FAIR 2001, Sep 18, 11:00 am-4:00 pm (Banyans Club, Pearl Harbor).** The Joint Employment Management System (JEMS) will sponsor its annual job fair for all military ID card holders. Hawaii and mainland companies, and government agencies will be recruiting for positions within their organizations. Explore employment options, talk to representatives, leave your resumes with the "hiring people," and make appointments for interviews—all in one location.

## **LOOKING FOR EMPLOYMENT IN HAWAII, Sep 4 &**

**25, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

## **NEW TO HAWAII FINANCIAL BRIEFING, Sep 26,**

**1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly rooms. All others, please call 449-2494.

## **PLAYMORNINGS, Tuesday-Friday Sessions, Sep 4-28,**

**9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING II, Sep 27, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

## **SELF-ESTEEM: I MAKE A DIFFERENCE!, Sep 26,**

**9:00-11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

## **SINGLE PARENTS ARE SPECIAL (SPARES), Sep 20,**

**11:00 am-12:00 pm (FSC Lanai).** This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

**SMOOTH MOVE, Sep 27, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Sep 6, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

### **WORKSHOP, Sep 11-13, 8:00 am-4:00 pm, Daily (Chapel Annex, Building 500).**

Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

## **VOLUNTEER ORIENTATION, Sep 6 & 20, 11:45 am-**

**12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15<sup>th</sup> Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Sep 12, 11:30**

**am-1:00 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

William Marketplace Thackeray says it well, "Bravery never goes out of fashion." Unfortunately, many associate bravery only with actions exhibited on the battlefield. Bravery, however, is really about possessing quality values, principles, and morals and consistently applying them to our choices on a daily basis. Careful, studious thought in the selection of these is of utmost importance, then, as it's easier to be courageous about the things we're most certain.

Three timeless, unchanging values have been alluded to throughout history: truth, beauty, and goodness. Helping us adhere to these ideals of highest worth are several guiding principles: love, honesty, justice, faithfulness, temperance, etc. And, in turn, the combination of our values and principles leads to the formation and implementation of morals—guiding rules or laws. Thus, ethical persons are those living in agreement with their values, principles, and morals.

The problem today is that too few people take time to reflect upon and choose wisely these three foundations for effective character formation and living. Evidence of this fact abounds: we only have to look at the latest headlines to read of another political leader, celebrity, neighbor, or military member who has succumbed to the lure of drugs, sex, money, power, fame, or similar temptation. Our society and world desperately need those willing to be different and courageous enough to be so.

Living up stream in a down stream world, though, is tough. Of course, that's where this thing of bravery comes in. It takes a strong, determined heart, mind, and will to stay true to God, self, and others. And, let's admit it, remaining loyal to our commitments and relationships can sometimes be a struggle, but doing so is also what makes life most meaningful and rewarding. Moreover, it is what's needed in order to provide an example and path for others to follow.

Here's, then, where I say thank you, my fellow Coast Guardians, for living a life of consistent bravery on a daily basis. Thank you for taking care of your marriages, your sons and daughters, and your coworkers. Thank you for your active, courageous part in making our community, nation, and world a better

place. And thank you for encouraging me to do the same by your example. I know it's not always easy, but, as Stephen Covey so eloquently reminds us in his book *The 7 Habits of Highly Effective People*, the private victories we win in our own hearts each day enable us to win the public victories, as well. So, keep the faith, stay focused, and remember, "Bravery never goes out of fashion."

## Religious Faith and USCG History Calendar:

01 Sept. 2001	Ecclesiastical New Year (Orthodox Christian)
02 Sept. 1945	WW II ends aboard USS MISSOURI
03 Sept. 2001	Labor Day Holiday
04 Sept. 1945	Surrender of Aguijan Island aboard USCGC 83434
05 Sept. 1946	U.S. Air-Rescue Agency renamed Search and Rescue Agency under USCG Commandant
08 Sept. 2001	Slichot (Jewish) Nativity of the Mother of God (Catholic/Christian)
09 Sept. 2001	Grandparents Day
09 Sept. 1942	USS MUSKEGET (Coast Guard-manned) lost at sea
12 Sept. 1941	Cutter NORTHLAND makes first enemy vessel capture of WW II (the BUSKOE)
14 Sept. 1776	Boston Lighthouse, first in America (1716), placed on exhibit
14 Sept. 1989	Sikorsky HH60J begins Coast Guard duty
15 Sept. 1990	PSU 303 becomes first reserve port security unit deployed overseas
18 Sept. 1989	USCG Hurricane Hugo operations begin
18-19 Sept. 2001	Rosh Hashanah (Jewish)
21 Sept. 2001	POW/MIA Remembrance Day
21 Sept. 1989	New York USCG units rescue 61 survivors of U. S. Air Flight 5050
22 Sept. 2001	First Day of Autumn
25 Sept. 2001	Boston Lighthouse's 285 <sup>th</sup> Anniversary
26 Sept. 1918	German UB-91 sinks USCGC TAMPA
26 Sept. 1994	USCG forces support Operation Restore Democracy in Haiti
26-27 Sept. 2001	Yom Kippur (Jewish)
27 Sept. 1942	Signalman 1/c Douglas Munro gives life evacuating Marines at Guadalcanal
28 Sept. 1850	Act of Congress provides for systematic coloring and numbering of all buoys
29 Sept. 2001	St. Michael and All Angels (Catholic/Protestant Christian)
30 Sept. 1997	Hawaii Omega Navigation Station ceases operation

In God's love,  
Chaplain McKay

# Friendship

By  
Owen M. Norton, MSW, LISW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals and information to commands as well as to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who want to break the “Cycle of violence” in their relationships.*

**What is a friend?** One interpretation of a friend is “someone who looks forward to seeing you, and now has immediate plans for your improvement.”

**How important is it to have friends?** Friends are of critical importance in our lives. This fact is demonstrated poignantly when we find ourselves stationed apart from our family. Here are some key points to keep in mind with regard to friendship.

- **Everyone differs in terms of how many friends they need.** While one person feels comfortable having a few friends, another might enjoy knowing and socializing with many friends. For many individuals, a relationship with their partner fulfills the need for friendship. In fact, a marital survey stated that the single most important goal of marriage is to have a friend.
- **Men and women forge friendships in different ways.** Men often participate in activities with friends, such as a fishing or recreation. Women tend to have friends that are more social and comprehensive (as opposed to having friends with whom they participate in activities.)

A point to consider while developing friendship is to that it’s helpful to **know the environment** and to **be aware of unique circumstances**. If you

just moved here, you may choose to put your energy towards meeting people who are long-time residents or those who are also recent arrivals, rather than expending energy to form friendships with those who will be moving to a new duty station in the next few months. Individuals preparing to PCS may be less open than others to forming friendships and relationships. In contrast, newly transferred individuals may be more open to developing relationships and forging new friendships.

**Environment.** It’s a good idea to know the location and circumstances under which you’ll be meeting people. Nightclubs are often one of the least desirable places to develop friendships. Think about it for a second. How well can you carry on a conversation with music blaring in the background or someone being under the influence of alcohol, often saying stupid things? MWR offers classes and activities that provide great ways to meet others and develop friendships. The Coast Guard Day at Kualoa Ranch, last month, is a good example of a place and event to meet and develop friendships. Opportunities to develop meaningful friendships occur when you **take classes in things that interest you**. A scuba course, a cooking class, yoga class, college class, participate in an intramural activity, church activities, etc., are all excellent places where you can meet and develop friendships in a healthy environment.

In our next issue of the *Blue Horizon* we’ll look at the stages of friendship.

# Combat Creeping Obesity

(Part 1 of 3)

By  
Jessica R. Dung

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional health promotion program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through voluntary adoption of healthier lifestyles.*

Food choice is just one of hundreds of choices we make every day. Healthy lifestyle behaviors and practices are also personal choices. We already know that following the seven good health practices (avoiding tobacco, exercising regularly, eating breakfast daily, eating regular meals and avoiding snacking, maintaining a healthy body weight, using alcohol responsibly, and getting 7-8 hours of sleep each night) increase longevity and quality of life. Numerous studies report that poor behavior choices account for nearly 70% of the top three causes of death (heart disease, cancer, and stroke) in the U.S. today! We're well aware that healthy lifestyle behaviors are "good for you". In addition, understanding the effects of *poor behavior choices* affects a person's likelihood of gaining weight as much as poor food choices. This article is the first in a three-part series which will highlight behaviors that, when disregarded, will counter your attempts to lose weight.

## Eating Too Fast

It's easy to overeat when eating too fast. Thousands of chemical receptors within each taste bud are stimulated upon eating, and send sensory signals to the brain. If a person eats too quickly, there is reduced stimulation of taste detectors and minimal satisfaction. Consequently the individual has an increased desire to eat more and more food.

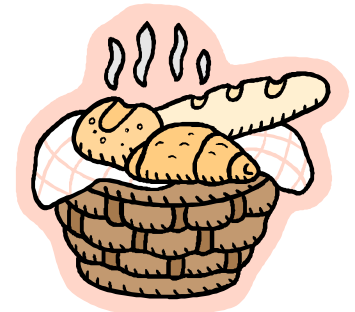
Chewing releases the aromas in food and heightens the pleasure gained from eating. The smell of food accounts for nearly 50% of the initial satisfaction from eating. The nose and taste buds work in concert to provide the enjoyment we gain from eating. (Have you ever noticed that food tastes bland and your appetite is diminished when you have a cold?) It goes without saying that the more thoroughly food is chewed, the less likely a person will have to eat to feel satisfied.

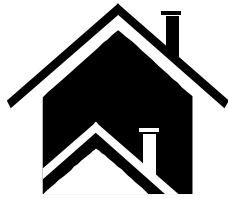
Chewing increases taste and smell of food providing a greater sense of satisfaction. Consequently, a person will feel greater contentment with a smaller portion. Use the following tips to decrease the pace of your eating, increase your satisfaction when eating, and ultimately, eat less food.

1. Put your fork or spoon down between bites.
2. Eat with the opposite hand. Use your non-dominant hand or try your skill at using chopsticks!
3. Play slow music in the background during mealtimes.
4. Play a game with others at the table to see who can finish last.
5. Time meals to last at least 20 minutes.
6. Chew each bite 10 to 20 times.
7. Focus on the first three bites. The taste buds become increasingly desensitized with successive bites.
8. Pretend it's a new food that you taste. When eating something unfamiliar, you naturally spend more time paying attention to the color, smell, texture, what it really tastes like.

Flavor is composed of many elements. It begins with high-quality ingredients, and is amplified (or suppressed) through preparation and cooking techniques. All five of our senses (sight, sound, smell, touch, taste) provide us with perceptions (four primary tastes of bitter, sweet, salty, and sour) that, when taken collectively, become "flavor." What we typically think of as "taste" or "flavor" is actually the interaction of taste and smell, combined with the feel of the food in the mouth. Such a complex experience deserves our undivided attention!

With the increased propensity for Americans to perform acts of "dashboard dining," the culture that values the "super-size" slowly becomes the population of the super size!





# OAHU HOUSING CORNER SEPTEMBER 2001

## RED HILL ELEMENTARY BUS SCHEDULE



A bus service is provided for those children residing in Phase II only. The first morning bus run will pick up students at 7:10am. The second morning bus run will arrive no later than 7:25am. Afternoon pickups will leave the school at 2:10pm, and the last pickup will leave the school no later than 2:25pm. On Wednesday afternoons, the bus will pickup the children beginning at 1:25pm with the last bus leaving the school no later than 1:45pm.

### PHASE II STUDENT PICKUP AND DROPOFF AREAS:

1. BUS STOP NEAR 969 KUKUI DRIVE
2. CIRCLE LOCATED AT COURT 971 – 1017 KUKUI DRIVE
3. BUS STOP LOCATED AT COURT 1019 – 1053 KUKUI DRIVE
4. BUS STOP LOCATED AT NETTLE DRIVE

Children will be picked up and dropped off only in areas specified above. If you have any questions concerning the Red Hill Elementary School bus schedule, please call our Housing Office at 831-2766.

Students who reside in Phase I have walking access to two paths located at Eagle Circle and the Phase I baseball field near the top of Tampa Drive.

Students attending Moanalua Intermediate or Moanalua High School should contact the respective school administration offices for the school's bus schedule and related information.



## DZS/BAKER LLC Maintenance Contractor "At Your Service"

The DZB maintenance contractor services all your maintenance and repair needs for all KKH and Wailupe residents. All requests for maintenance can be called into the DZB Work Order desk at 486-4200. After hour appointments are available from 1700 to 1900 hrs for those occupants not available during the normal workday. The contractor will respond to a work request for repairs using the following criteria:

- **Emergency** calls are responded to within two (2) hours, 24 hours a day.
- **Urgent** service calls are responded to within 24 hours.
- **Routine** service calls are scheduled as soon as possible, but no more than 7 days from the date you call in your work request.

For additional assistance, please call DZB at 486 – 4200 or 486 – 3554. You may also call our Housing Office at 831-2753/2766 for further assistance

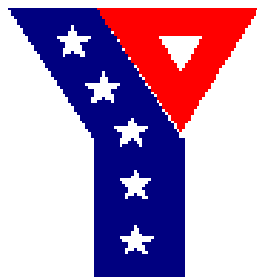
## ANNUAL HOUSING INSPECTION SEASON IS UPON US



In an effort to provide adequate and safe housing for Coast Guard members and their families, the Housing Office conducts annual housing inspections. From September 15 to December 15, 2000, Coast Guard Inspectors will be visiting each residence to complete an annual inspection. Residents will receive a letter, approximately ten days in advance, notifying them of their scheduled inspection date and time.

The annual inspection includes an examination of the material condition of the unit, monitors and provides education on environmental health risks, as well as fire and safety inspections and awareness. The inspection will be limited to one hour per unit.





***Armed Services YMCA/AMR  
September 2001 Calendar of Events  
1875 Aliamanu Drive, Honolulu, HI 96818  
Phone # 833-1185, Fax # 834-3631  
E-Mail: ASYMCAAMR@aol.com  
Open Mon-Thurs, 8:00am – 1:30pm***

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

**THEME FOR SEPTEMBER: ALL ABOUT ME**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:00-10:30
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:00-10:30  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:00-10:30
- McGrew CC Wednesday 10:30-12:00
- Manana CC Wednesday 9:00-10:30
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins **September 6 – October 11**. The following class is from 18 Oct – 22 Nov. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than September 4<sup>th</sup>.

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**INFANT/CHILD CAR SEATS**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

**ASYMCA EXCURSION**

The Armed Services YMCA all over Oahu will be going to the Polynesian Culture Center on September 25 from 9:00-12:30. The tour will include 2 villages, Imax movie, & a canoe tour! Adults \$7, Children 1 and up are \$2, Children under 1 are free. **A bus will be provided free of charge.** Pre-registration and Pre-payment require **NO LATER THAN SEPTEMBER 10, 2001.** For more information call 833-1185 or see your local Playmorning coordinator.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are Monday, Tuesday, and Thursday from 8:00-12:00

**WELCOME BABY**

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

**FINGERPRINT YOUR CHILD!**

September 12, 2001 the Armed Services YMCA is working with the Military Police from 9-10:30 (or until finished) to fingerprint your child(ren). It is a good way to have a record of your child's identity. It will be free of charge at the ASYMCA at AMR. Call by September 10 for an appointment.

**IMPORTANT DATES TO**

**REMEMBER:**

1. September 3 – Labor Day (Holiday)
2. September 13 – Grandparent's Day
3. September 17 – Citizenship Day
4. September 22 – First Day of Autumn
5. September 24 – Bullwinkle's Birthday

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> <b>LABOR DAY</b> <b>HOLIDAY</b> <b>ASYMCA</b> <b>CLOSED</b>	<b>4</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>5</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>6</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 New Lamaze Class 7-9 pm Kindermusik	<b>7</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
<b>10</b> PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30	<b>11</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>12</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm  Fingerprinting 9:00-10:30	<b>13</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik  Grandparent's Day	<b>14</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
<b>17</b> PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30  Citizenship Day	<b>18</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>19</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>20</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik	<b>21</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
<b>24</b> PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30  Bullwinkle's Birthday	<b>25</b> No Playmorning Excursion to Polynesian Culture Center	<b>26</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>27</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik	<b>28</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only

Hickam Integrated Delivery System (IDS), an entity consisting of the following participants:

- Family Support Center
- Family Advocacy Program
- Hickam Chapel
- Life Skills Support Center
- Health and Wellness Center
- Family Member Programs

Invites you to their

# Hickam Community Connections Conference

Friday, September 21, 2001

Hickam Community Center

8:30-9:00  
9:00-10:15

Registration

Session One

- Communicating with Your Loved One Gain effective hands-on communication skills and a positive outlook on your relationship.
- Your Child's Amazing Brain Implications of recent research on early brain development.
- Quick Meals Come learn the secrets to quick and easy low-fat cooking.
- Resume Writing Acquire the tools necessary to make your resume competitive in today's job market.

10:15-10:30  
10:30-11:45

Break

Session Two

- Keiki Connections Learn child-centered activities you can do at home.
- Marriage and Money Learn how to start a savings-investing plan for the future and manage your financial experience.
- Taming the Toddler Enjoy learning how to tame your toddler without hampering independence and self-expression.
- Resume Writing (continued)

11:45-1:00  
1:00-2:15

Lunch (on your own)

Session Three

- Conflict Resolution Learn how to keep your head and resolve conflict positively.
- Positive Guidance Guidance and discipline techniques to use with children of all ages.
- Where Did The Fireworks Go? Come learn how to put the spark back into your marriage!
- Interviewing with Confidence Learn the skills and techniques to make your interview a successful one.

2:15-2:30  
2:30-3:45

Break

Session Four

- Conflict Resolution Learn how to keep your head and resolve conflict positively.
- Preparing for Your Wedding and Beyond Plan your wedding day and marriage. Topics include pre-marital counseling and wedding day considerations.
- Exercising Learn the benefits of getting or staying fit.
- Interviewing with Confidence (continued)

To register or request additional information on the conference and/or FREE limited childcare for children over 12 months, please call the Family Support Center at 449-2494.

U.S. Department  
Of Transportation

Mailing Label

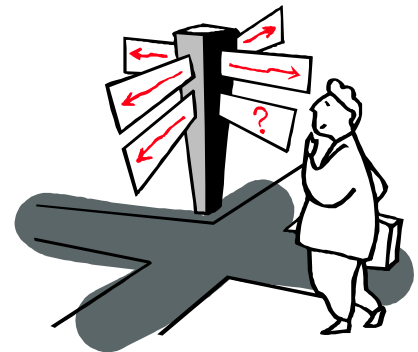
United States

Coast Guard

**Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

## ADULT COLLEGE AND VOCATIONAL SCHOOL FAIR

Thursday, October 11, 2001  
5:00-7:00pm



## EFFECTIVE HABITS FOR SUCCESSFUL RELATIONSHIPS

This two-part workshop provides an opportunity to explore present beliefs and issues in a safe environment. An inside-out approach for resolving personal difficulties is suggested.

Tuesday, September 18, 2001 5:00-7:00pm

or

Tuesday, September 25, 2001 5:00-7:00pm

Both events will be held at the Pearl Harbor Fleet and Family Support Center,  
Building 193. To register, call 473-4222, or visit  
<http://www.pearlharbor.navy.mil/ffsc>

Mission Statement: ***Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.***

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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**



# Expectations

By  
Owen M. Norton, MSW, LISW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals and information to commands as well as to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the insight to break the "Cycle of violence" in their relationships.*

Expectations affect almost everything. How satisfied and how disappointed we are in life is based on our expectations. I remember shortly after being married, my wife Donna and I went to a popular, steak house restaurant. We had delicious steaks and had a good size piece of a sirloin steak leftover. I remember mentioning it would be great to have steak and eggs for breakfast the next morning, and Donna agreed. The next morning Donna got out of bed early and started to prepare breakfast. Is this love or what? She announced that breakfast was ready, and I eagerly went to the kitchen table. On the plate were homefries and scrambled eggs. I paused and looked for the juicy piece of steak. I asked, "Where's the steak." Donna happily said, "I chopped it up and put it in the eggs." (I don't really remember the response I made, but I know I was disappointed, and so probably was Donna as she was demonstrating to me her love by making a special breakfast for me, and I was not really as appreciative as she expected.) We each had the same expectation of steak and eggs, but it wasn't clear to each of us what we meant.

When our expectations are clear and match that of our partner's in a relationship, things can go well, and satisfaction is high. When they don't match, problems can arise. If we have high expectations, our partner may often fall short of what we desire, and we will be disappointed. If we don't expect much, our expectations are often exceeded, and we are easily satisfied. It is important that our expectations are reasonable and clear. Our expectations come from our families of origin, i.e.,

how we saw issues handled and discussed. They can come from our own experiences in other relationships, and they can come from our culture. We learn many of our expectations from what we view on television. From Roseanne, we could learn that sarcasm is good for a marital relationship. From the Cosby show, dual-career marriages do not cause any problems, and are very easy to manage.

To handle expectations well three things are needed: 1. Be aware of what you expect. 2. Be reasonable in what you expect 3. Be clear about what you expect.

It helps to be aware of your expectations and to be willing to discuss them and evaluate them. What are your expectations about having children? More children? What are your expectations about disciplining your children? What are your expectations of what is romantic? What do you expect from each other when there is a deployment? What do you expect in terms of time with each other, friends, and family? What are you expecting of each other in terms of household tasks? The list can go on. What works is for couples to take the time as a team and have good discussions of what each of our expectations are, and be reasonable and clear about them.

The above ideas are from the relationship enhancement program called PREP from the University Of Denver. For more marital information and classes based on PREP, please call 541 1582.



# Central Oahu Community Children's Council – What Can It Do For You?

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for family members, special needs, and adoption reimbursement.*

On July 17, I attended my first Community Children's Council, Parent Support Group Meeting. What a pleasant surprise it was! I had only a vague perception of how this organization pertained to special education in Hawai'i.

What I discovered was an invaluable resource for parents trying to deal with the educational system here. This group of people, **parents**, can have a powerful say in what happens to their child. It is a **FREE support group** in which parents get educational information, emotional support, and free consultation services, to name a few benefits.

The Community Children's Council consists of concerned parents, grandparents, teachers, mental health providers, our Department of Education, or Department of Health staff. There are two types of monthly meetings: the CCC General Meeting and the Parent Support Group. As a parent, you have a vested interest in the system of care for our children. You can provide feedback which impacts policymaking, assessment of needs, and planning and monitoring services within the Department of Education and the Department of Health. **You need to show up to be heard.**

The Central Oahu CCC Parent Support Group is chaired by an excellent facilitator, Rio Martell, who is the parent of a 9-year-

old child with special educational needs. She shares her experiences with all who can benefit, provides one-on-one question time for any parent, etc. **The Parent Support Group meets on the third Tuesday of each month in Mililani Town at the Mililani Town Recreation Center #3 @ 7:30pm.** If you need directions from Red Hill or any other location, please give me a call @ 541-1584 at the Work-Life Center. It's very easy to find, using H2 West.

As I live in Mililani and will be attending monthly, I would be glad to meet you there.

## SUMMARY OF BENEFITS TO YOU

- Continual updates on special education laws
- Notification of special workshops and events
- Receive CCC newsletter
- Monthly meetings
- Access to the CCC resource library and data base
- Meet other parents with similar concerns & network
- Opportunity to contribute to systems change
- Stipend (\$25) for expenses to attend meeting, i.e. childcare, gas, other.

**YOU are the BEST ADVOCATE for your child in the school system ....so get involved and make a difference for all our children!**

R 302003Z MAY 01  
FM CCGDFOURTEEN HONOLULU HI//DCS//  
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UNCLAS //N03440//  
ALLCOGARDFOURTEEN 016/01

SUBJ: TROPICAL CYCLONE SEASON

REF/A/DOC/CCGDFOURTEEN SOP 2000//

1. SET HEAVY WEATHER CONDITION FIVE ON 1 JUN 01 IAW REF A.
2. ATTAINMENT REPORTS NOT REQUIRED.
3. REQUEST WIDEST DISSEMINATION OF FOLLOWING INFO TO ALL COMMAND PERSONNEL, INCLUDING MILITARY DEPENDENTS.
4. JUNE BEGINS THE TROPICAL CYCLONE SEASON IN THE EASTERN AND CENTRAL PACIFIC. TROPICAL CYCLONES HAVE A POTENTIAL TO DEVELOP AND SUSTAIN HIGH WIND VELOCITIES. FOLLOWING DEFINITIONS APPLY:
  - A. HURRICANE - WINDS OF 64 KNOTS OR GREATER.
  - B. TROPICAL STORMS - WINDS OF 34 TO 63 KNOTS.
  - C. TROPICAL DEPRESSIONS - WINDS OF LESS THAN 34 KNOTS WHICH ARE EXPECTED TO INCREASE TO 34 KNOTS OR MORE WITHIN 48 HOURS.
5. PREPARATIONS FOR TROPICAL CYCLONE SEASON SHOULD INCLUDE CHECKS AT HOME. ENSURE THAT YOU HAVE A FIRST AID KIT, FIRE EXTINGUISHER, BATTERY POWERED RADIO AND FLASHLIGHT WITH EXTRA BATTERIES, AND A SUPPLY OF NON-PERISHABLE FOOD. DETERMINE THE LOCATION OF THE NEAREST EVACUATION SHELTER SHOULD EVACUATION BECOME NECESSARY.
6. FOLLOWING ACTIONS ARE RECOMMENDED ONCE A HURRICANE HAS BEEN CONFIRMED APPROACHING:
  - A. KEEP TUNED TO A LOCAL RADIO OR TELEVISION STATION FOR THE LATEST WEATHER SERVICE ADVISORIES AND SPECIAL INSTRUCTIONS.
  - B. CHECK BATTERY POWERED EQUIPMENT. A BATTERY POWERED RADIO MAY BE THE ONLY OPERATIONAL RESOURCE FOR GETTING EMERGENCY INFORMATION. FLASHLIGHTS MAY BE NEEDED IF ELECTRIC UTILITY SERVICE IS INTERRUPTED.
  - C. KEEP A CAR FUELED IN CASE EVACUATION BECOMES NECESSARY. ALSO, SERVICE STATIONS MAY BE INOPERABLE AFTER THE STORM STRIKES.
  - D. STORE WATER IN CLEAN BATHTUBS, JUGS, BOTTLES AND COOKING UTENSILS, AS WATER SUPPLIES MAY BE DAMAGED OR CONTAMINATED BY THE STORM.
  - E. BOARD UP WINDOWS OR PROTECT THEM WITH STORM SHUTTERS OR TAPE. DANGER TO SMALL WINDOWS IS MAINLY FROM WIND DRIVEN DEBRIS. LARGER WINDOWS MAY BE BROKEN BY WIND PRESSURE. ALTHOUGH TAPE MAY NOT KEEP A WINDOW FROM BREAKING, IT IS AN EFFECTIVE WAY OF PREVENTING FLYING GLASS.
  - F. SECURE OUTDOOR OBJECTS THAT MIGHT BE BLOWN AWAY. GARBAGE CANS, GARDEN TOOLS, TOYS, SIGNS, PORCH FURNITURE, AND OTHER NORMALLY HARMLESS ITEMS CAN BECOME DEADLY MISSILES IN HURRICANE WINDS.
  - G. MOOR BOATS SECURELY BEFORE THE STORM ARRIVES, OR MOVE TO A DESIGNATED SAFE AREA.
  - H. MAKE EMERGENCY PREPARATIONS AND STAY AT HOME IF:
    - (1) YOU LIVE INLAND, AWAY FROM THE BEACHES AND LOW LYING COASTAL AREAS;
    - (2) YOUR HOME IS WELL CONSTRUCTED; AND
    - (3) LOCAL AUTHORITIES HAVE NOT MADE A CALL FOR EVACUATION IN

YOUR AREA.

- I. AS TORNADOES ARE OFTEN SPAWNED BY HURRICANES, BE ALERT FOR TORNADO WATCHES AND WARNINGS. SHOULD OUR AREA RECEIVE A TORNADO WARNING, SEEK INSIDE SHELTER, PREFERABLY BELOW GROUND LEVEL, OR GET UNDER WELL CONSTRUCTED FURNITURE SUCH AS A DECK OR TABLE.
7. DURING THE HURRICANE, REMAIN INDOORS. BE ESPECIALLY WARY OF THE "EYE" OF THE HURRICANE. IF THE STORM CENTER PASSES DIRECTLY OVERHEAD, THERE WILL BE A LULL IN THE WIND LASTING FROM A FEW MINUTES TO HALF AN HOUR OR MORE. AT THE OTHER SIDE OF THE "EYE", THE WINDS WILL INCREASE RAPIDLY TO HURRICANE FORCE AND WILL COME FROM THE OPPOSITE DIRECTION. IF POWER IS LOST, DO NOT OPEN REFRIGERATORS UNLESS ABSOLUTELY NECESSARY. EVEN WITHOUT POWER, MOST REFRIGERATORS AND FREEZERS WILL MAINTAIN PERISHABLE FOODS FOR A SHORT TIME.
8. AFTER THE HURRICANE HAS PASSED, FOLLOWING PRECAUTION ARE RECOMMENDED:
  - A. IF YOU ARE IN A PUBLIC SHELTER, REMAIN THERE UNTIL INFORMED BY THOSE IN CHARGE THAT IT IS SAFE TO LEAVE.
  - B. KEEP TUNED TO YOUR LOCAL RADIO OR TELEVISION STATION FOR ADVICE AND INSTRUCTIONS ABOUT EMERGENCY MEDICAL, FOOD, HOUSING, AND OTHER FORMS OF ASSISTANCE.
  - C. STAY OUT OF AREAS WHICH COULD BE DANGEROUS AND WHERE YOUR PRESENCE WOULD INTERFERE WITH RESCUE AND RECOVERY WORK.
  - D. PREVENT FIRES. LOWERED WATER PRESSURE MAY MAKE FIRE FIGHTING DIFFICULT.
  - E. DO NOT DRIVE UNLESS YOU MUST. ROADS SHOULD BE LEFT CLEAR FOR EMERGENCY VEHICLES ONLY. DEBRIS FILLED STREETS ARE DANGEROUS. ALONG THE COAST, SOIL MAY BE WASHED FROM BENEATH THE PAVEMENT, WHICH COULD CAUSE THE PAVEMENT TO COLLAPSE UNDER THE WEIGHT OF A VEHICLE.
  - F. AVOID LOOSE OR DANGLING WIRES, AND REPORT THEM IMMEDIATELY TO HOUSING MAINTENANCE, THE POWER COMPANY, POLICE DEPARTMENT OR FIRE DEPARTMENT.
  - G. REPORT BROKEN SEWER OR WATER MAINS TO HOUSING MAINTENANCE OR THE LOCAL WATER DEPARTMENT.
  - H. HEAVY RAIN INLAND CAN CAUSE SEVERE FLOODING. STAY AWAY FROM RIVER BANKS, STREAMS AND DRAINAGE DITCHES UNTIL ALL POTENTIAL FLOODING HAS PASSED.
  - I. IF A LOSS OF ELECTRICAL POWER OCCURS, CHECK REFRIGERATED FOOD PRIOR TO USE FOR SPOILAGE. BE SUSPICIOUS OF WATER THAT MAY HAVE BEEN CONTAMINATED.
9. ALL CO'S: PLEASE TAKE PERSONAL INTEREST TO ENSURE YOUR COMMAND IS READY FOR THE HURRICANE SEASON.

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# ***Children and Divorce***

## ***How to Help Kids Cope With a Difficult Situation***

by Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The Employee Assistance Program goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

### **The Effects of Divorce on Children**

Divorce is a painful process for all those involved, children and parents alike. But during this stressful period, the feelings, needs, and concerns of the children sometimes take a backseat to their parents' anger and emotional trauma.

Parents must realize that they are still the most important people in their children's lives, and that the divorce has at least as much impact on the children as the parents.

#### **Did You Know...**

- Female children from divorced families are five times more likely and male children are three times more likely to divorce than children from intact families.
- Adult children of divorce have higher anxiety levels, have different dating and intimacy styles, and are more fearful of commitment, and have greater feelings of isolation, frustration, anger, and self-blame.
- Adult children of divorce tend to get married later in life and start their families later. They also tend to look to divorce as a solution to a bad marriage rather than using problem resolution skills.

### **Consider This:**

A 10-year research project into the children of divorce revealed that the event has a greater impact on children over 12 years of age. The study showed that 68% of teenagers from divorced families engaged in some type of illegal or self-destructive activity--including alcohol or other drug use, theft, and traffic violations--following the divorce. Their level of stress actually rose a year after the divorce.

Children aged 5 to 8 report feelings of rejection and a fear of abandonment. Children aged 9 to 12 are apt to be angry with both parents. Many children in this age group have health problems like headaches and stomachaches, and many have difficulty socializing with other children. For all children, the emotional problems are greater if the children lose contact with one parent.

If a divorce is handled with the best interests of the children in mind, the children will be more resilient and will learn that difficult situations can be resolved in a caring, constructive manner.

### **Children's Feelings & Divorce**

Children are often frightened, confused, and threatened by the divorce. They sometimes believe they are responsible for their parents' problems. They may also believe that they have caused the divorce and that by sacrificing themselves, they can bring their parents back together. They will often misinterpret the divorce

and the actions surrounding it unless they are honestly told what is happening, how they are involved and not involved, and what is going to happen to them. If not informed in an honest, open manner, children will create their own answers to unspoken questions about the divorce--answers that can be much more frightening than the actual situation.

With care and attention, children can be helped through this difficult conflict.

### **Helping a Child Through a Divorce**

During or following a divorce, you may not be getting along well with your former spouse. But when it comes to the children, you need to work together for the children's best interests.

- ◆ **Don't** lie or cover up what's happening to the family. The first rule is honesty.
- ◆ **Don't** fight in front of the children.
- ◆ **Don't** use the children to carry angry messages to the spouse.
- ◆ **Don't** worry the children with "grown-up" legal or financial problems.
- ◆ **Don't** expect emotional support from the children; that's a role for adults--friends, family members, or a therapist.
- ◆ **Don't** pressure the children with adult roles such as, "You're the man of the house."

#### **Instead:**

- ◇ Assure the children that they will be taken care of.
- ◇ Prepare the children for the changes that will take place.
- ◇ Convince the children that the divorce wasn't their fault.

- ◇ Talk to the children. Help them work out their feelings and perceptions about the divorce.
- ◇ Help the children to express feelings of fear or anger.
- ◇ Assure the children that relationships with other important adults in their lives will remain the same.
- ◇ Allow the children to mourn the loss of the family as it was before the divorce.

### **Getting Help**

While some children cope with the stress of divorce with the help of family and friends, others may benefit from the assistance of a professional counselor experienced in working with children. Some schools offer support groups for children of divorce, where children with similar experiences meet under the guidance of a counselor to discuss their thoughts and feelings. Contact your child's school counselor to learn what assistance is available. Help is also available through the Coast Guard's Employee Assistance Program.

Above all, parents must continue to work toward the children's best interest. Be alert to the warning signs of stress in children:

- Lack of interest in friends or fun activities
- Sleeping too much or too little
- Excessive conflicts with family members
- Unusually rebellious behavior
- Lack of interest in school

If your children exhibit any of these warning signs, you might want to consult a professional. For information and guidance, you may call the Work-Life EAP Coordinator at 541-1585 or you may call 1-800-222-0364 directly to arrange for free, confidential counseling services from the Employee Assistance Program

# PCSing with Pets

By  
Shirley D. Caban

*The ISC Honolulu Transition & Relocation Programs Manager's (TRM) mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information. In addition, the TRM provides employment assistance including job referrals, resume assistance, and information on duty stations for CONUS and OUTCONUS locations.*

If you will be PCSing this summer with pets, the following suggestions from veterinarians, zoo experts, and experienced pet owners on how to minimize the stress of moving with pets, especially if you will be transporting your pets by air.

In 2000, Congress enacted a "Safe Air Travel for Animals Act" that put tough guidelines into place. For example, 6 airlines – **United, Delta, TWA, American, Northwest, and US Airways all banned pet travel entirely during the hottest months.** Airlines reserve the right to turn your pet away if the ground temperature exceeds 85 degrees for more than 45 minutes in either the departure or destination city. So be prepared for your animal to be bumped at the last minute.

## General Guidelines:

Keep your pets' routine as regular as possible as you prepare to move. If you normally feed, exercise, or play with them at a certain time, continue to do so. During the final crunch of moving, you may find it works best to keep your pet either at a friend's house or a kennel, reducing the chances of your pet getting upset and running away; or, in the case of cats, hiding in a box that may be sealed and shipped.

Keep some form of identification on the pet at all times and be sure you have current pictures along with a written description available. This will reduce a lot of stress should your pet escape. If the length of move requires the animal be provided with food and water, be sure the food is bland and easily digested, and the water comes from the home supply. If in doubt, check with your veterinarian for food recommendations.

Prior to moving, schedule a visit with your veterinarian for a thorough physical exam, making sure all vaccinations are current, especially the rabies vaccination. While at your veterinarian's office, get copies of your pet's records and check to see if he can recommend another veterinarian at your new location. You can also call the American Animal Hospital Association (AAHA) at 1-800-883-6301 for the names of AAHA veterinarians near your new home.

If your pet is on any medication, be sure to have an ample supply so you won't run out before getting settled in your new location. Also discuss with your veterinarian whether your pet should be tranquilized during the move. If so, get enough to try it out prior to the move to make sure the dosage works properly.

Because each state has different laws and regulations regarding the importation of animals, and even some counties have their own ordinances, check with a veterinarian in the new area to be sure your pet complies. It is important to do this several weeks before your move to allow time for all paperwork to be completed.

Temperature extremes should be avoided. In most cases, it's best to transport your animal in a sturdy, insulated carrier to help regulate the changing temperature. Never leave a pet in a hot car during the summer time or a cold car in the winter.

Most airlines allow one pet per owner to fly in the cabin if the carrier is small enough to fit under the seat. But if cabin space is limited, pets may be placed in cargo, which costs much more than checking it as baggage.



As a result, try to book a direct flight to minimize the time the animal may be sitting outside the plane in inclement weather conditions, and avoid travel during heavy traffic weekends. Also, don't feed the animal 6 hours before flying, and don't give the pet a tranquilizer unless your vet agrees it's essential. Being drugged in a frightening situation can be even more traumatizing to some pets. Some airlines provide counter-to-counter service so your pet will be carried on and off the plane by an airline employee. While this service costs a little more, it may be worth it for your peace of mind.

**CATS** are notorious for getting into trouble during the moving process since they are particularly sensitive to stress. For this reason, it is important to maintain your cat's normal routine. During the move itself, keep the cat confined to one room with food, water, a litter pan, some favorite toys, and the carrier you plan to use so your cat can get used to it. The door should be locked or have a large "*Do not open*" on it, so the movers won't "let the cat out of the bag" so to speak.

Transport your cat in a well-constructed cat carrier large enough to have room for food, water, and a small litter box. Upon arrival at your destination, place the cat and carrier in one secure room and let the cat decide when to come out. Allow your cat to become acclimated to the one room before releasing him to the rest of the house. If the cat scurries for cover when you open the door, wait a day or two longer, then try again. Let the cat explore other rooms of the house when it begins to meet you at the door.

If your cat is accustomed to going outdoors, wait several days after arriving at your new home before letting the cat out, place him on a leash or harness for short exploratory trips. After 2 or 3 days of these trips, you can begin to let your cat out on its own.

**DOGS** are generally easier to move than cats because most of them aren't as affected by stress. A few special considerations to keep in mind include being prepared to clean up after your dog at rest stops. Carry a roll of paper towels and disposable plastic bags.

If you have a small dog and plan on flying to your new home, he/she may be able to fly with you in the passenger compartment if s/he is small enough to fit in a carry-on bag that will fit under the seat. Check with the airlines for details. If you are transporting a larger dog by plane, try to book a direct flight to prevent your pet from having to spend long periods in a distant airport, and have someone scheduled to pick up your dog at the end.

**BIRDS** need a health certificate to enter most states; and, depending on the species, they may be required to have tests done for certain diseases. These regulations can change, so it is important your present veterinarian verify these requirements well in advance of your moving.

If you will be taking your bird in the car, maintain a warm, constant temperature since birds are particularly sensitive to temperature changes. It is possible to carry the bird in its cage as long as you have the cover for it to prevent drafts and keep the bird in a darkened setting to reduce the bird's anxiety. If you have an excitable bird, it may be necessary to cushion the cage or crate with a soft material to reduce self-inflicted trauma.

Place slices of apples, grapes, or other fruit in the cage to supplement the bird's water supply and be sure he has adequate places to perch.

**FISH:** If you have a small number of fish and are moving a relatively short distance, you can move them to their new location by using plastic bags half filled with water and the other half with air. Place the bags in an insulated container such as an ice chest or Styrofoam container to help maintain a steady temperature.

For a larger number of fish or for transporting over a greater distance, 5-10 gallon plastic containers can be used.

If your trip is going to take more than a couple days, it's best to invest in some portable aerators to keep the water well oxygenated. **DO NOT** keep the containers in the car overnight since the drop in temperature is likely to be too severe.

**REPTILES:** Since there are some governmental regulations regarding the shipment of reptiles, consult a local veterinarian or the library. The easiest pet to move is a turtle, which can be overnight expressed in a well-cushioned insulated box with air holes. American Tortoise Rescue, a nonprofit organization, recommends using overnight mail.

**SMALL MAMMALS:** The best way to move small mammals such as mice, gerbils, guinea pigs, and hamsters are to keep them in the car with you and in their normal containers. If flying, like small dogs, they could probably be taken aboard the plane with you and placed under your seat. Check with the particular airlines for specifics.

**PET ROCKS:** Probably the only pet easier to move than a turtle. Be careful to not let your pet rock out of its box while you are driving. It's simply too easy for



them to cause an accident by slipping under your gas or | brake pedal.



## OAHU HOUSING CORNER AUGUST 2001



**PEST CONTROL** – Want to ensure an unwanted CENTIPEDE in you bed doesn't rudely awaken you?

Follow these steps to help keep them away:

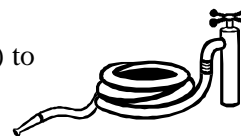
- Centipedes like the shade during the day and hide under leaves, mulch, large rocks, in long grass, etc. – By keeping your lawn maintained, debris raked and mulch away from your house you take away their favorite place to hide and they will soon move to another location.
- Ensure that you keep up with both the exterior and interior pest control treatment offered by our housing maintenance contractor. This service is FREE for you and is very effective in controlling insects and, subsequently, centipedes that feed on them. If you exterminate their food (insects), they will move on in search of new insects.
- Check your door weather-stripping and screens to ensure they are tight and all openings greater than 1/8<sup>th</sup> of an inch are sealed. If you need any repairs, simply call DZB at 486-4200 to schedule a service call.
- Lastly, continue to do the above steps and encourage your neighbors to do the same. Together we can rid Red Hill of these nasty little creatures!



### **YARD MAINTENANCE**

As a reminder, please observe the following water conservation practices when watering your lawns: These practices will result in substantial savings in your water usage.

- Water after 1800 hours or before 0900 hours
- Use water-sprinkling devices
  - Water no more than three (3) to four (4) times per week.



### **Fluorescent Light Bulbs Now Available**



Tired of constantly replacing your light bulbs throughout your house? Did you know that compact fluorescent light bulbs use 75% less energy and last 10 times longer? The Housing Office is distributing fluorescent light bulbs to all housing occupants for interior light fixtures. Come down to the housing office with a count of incandescent light bulbs and we will make them available to you.



### **Pet Owners**



Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or yard assigned and **shall not** be permitted to run at large. When walking your dog, all pet owners will pick up and dispose of all pet droppings.

# The Clean Plate Club

By  
Jessica R. Dung

*The ISC Honolulu Work-Life Health Promotion Program Manager is responsible for the development and management of the D14 AOR Health Promotion Program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of healthier lifestyles.*

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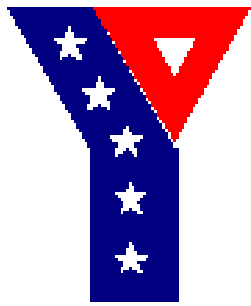
Americans are eating 150 or more calories per day – a number that has risen steadily over the last two decades. That could mean an extra 15 pounds per person every year. Portion sizes and overestimates of a portion size – along with the eat-whatever-you-are-served mentality are driving up the numbers on the nation's bathroom scales.

The American Institute for Cancer Research offers practical advice to combat super-sized American meals:

- Spend a few minutes with a measuring cup or spoon. Measure out a single serving of your favorite foods. You can find a serving size on the Nutrition Facts label on most food items. Then empty it out into a clean plate or bowl. Then you'll get a mental picture of what a single serving of that food really looks like. Then make appropriate adjustments in your portion sizes.
- When dining out, order the small size, order half, or share. Choose the cup of soup over the bowl. Simply ordering the regular burger over the quarter-pounder size saves a whopping 180 calories alone!
- Ask your server to put half your meal in a to-go box before bringing the meal to your table. That way you have two meals for one.

In the past decade, the number of overweight adults in the U.S. has increased from one-in-four to one-in-two. While lack of exercise is a big part of the problem, nutritionists believe that another major culprit is poor portion control. Being obsessed with calorie counting is not a wholesome way to look at food, but learning to eat in moderation is crucial to good health and successful weight management.

The following guide is provided by Catherine Reade, MS, RD of Healthful Living nutrition consulting in Littleton, Colorado. The guide gives visual cues for single servings and lists each serving's calorie content.



**Armed Services YMCA/AMR**  
**August 2001 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI**  
**96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCA AMR@aol.com**  
**Mon thru Thurs 8:00am – 2:00pm**  
**Fridays by appointment only**

**LAMAZE 2001**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins **July 26 – August 30**. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than July 25<sup>th</sup>.

**FREE FOOD DISTRIBUTION**

The Armed Services YMCA in conjunction with Hawaii Community Action Program (HCAP) will be distributing free food to low income families on **Wednesday 8 August, 2001 from 9:00-12:00**. For more information call 833-1185.

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M,W,Fr 9:00-10:30
- Red Hill Comm Cntr Monday 10:30-12:00
- Ft. Shafter Superplayground Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARL HARBOR:**

- McGrew Comm Cntr Wednesday 10:30-12:00
- Pearl City Penn CC Monday 9:00-10:30
- Thursday 10:30-12:00
- Moanaloa Comm Cntr Tuesday 9:00-10:30
- Manana Comm Cntr- Wednesday 9:00-10:30
- Catlin/Halsey Comm Cntr- Thursday 9:30-11:00
- Hale Moku Comm Cntr Friday 9:30-11:00

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**INFANT/CHILD CAR SEATES**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

**EXCURSION!**

Heese's **2 August 2001**. We'll be having pizza, soda, games, and lots of fun!!! Transportation is the responsibility of the individual. For more information call us at 833-1185.

**HEAD'S UP!**

The Armed Services YMCA all over Oahu will be going to the Polynesian Culture Center on September 25 from 9:00-12:30. The tour will include 2 villages, Imax movie, & a canoe tour! Adults \$7, Children 1 and up are \$2, Children under 1 are free. Pre-registration and Pre-payment require **NO LATER THAN 10 September, 2001**. For more information call 833-1185 or see your local Playmorning coordinator.

**WELCOME BABY**

This program tries to fill the gap by providing home visitors who call on the families to be to offer support and answers to the numerous questions a new mother or father has about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMCA.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday from 9:30 – 10:30am. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**CHILDREN'S WAITING ROOM**

The Armed Services YMCA is looking for volunteers to start up a children's waiting room at the Makalapa Medical Clinic and Tripler Army Medical Center. A place where you can drop off your child(ren) if you have a doctor's appointment. If interested in volunteering please call us at 833-1185.

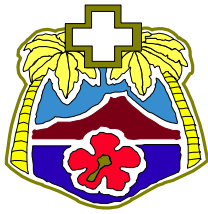
**IMPORTANT DATES TO REMEMBER:**

- Aug 3 – Friendship Day
- August 9 – Smokey the Bear's Birthday

**OTHER SERVICES OFFERED**

1. Xerox Copies – 5 cents a page, max 50 pages
2. Faxes to the mainland - \$1.00 per page

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		<b>1</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>2</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik 8:30 – 9:15 **Chuck E. Cheese Excursion 9:00-11:30	<b>3</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only ** Friendship Day
<b>6</b> PM AMR 9:00-10:30 PM Red H. 10:45-12:15 PM PC Penn 9:00-10:30	<b>7</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>8</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm ** Free Food Distribution 9:00-12:00	<b>9</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik 8:30 – 9:15 ** Smokey the Bear's Birthday !	<b>10</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
<b>13</b> PM AMR 9:00-10:30 PM Red H. 10:45-12:15 PM PC Penn 9:00-10:30	<b>14</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>15</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>16</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9pm Kindermusik 8:30 – 9:15	<b>17</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by Appt. only
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<b>27</b> PM AMR 9:00-10:30 PM Red H. 10:45-12:15 PM PC Penn 9:00-10:30	<b>28</b> PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	<b>29</b> PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	<b>30</b> PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze Class 7-9pm Kindermusik 8:45 – 9:30 Kindermusic 10:00-11:15	<b>31</b> PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only



## **TRICARE News for active duty family members E4 and below**

HONOLULU -- Active duty family members of E-1 through E-4: Are you aware that enrolling in TRICARE Prime increases your access to care at a military treatment facility (MTF), and reduces your potential out-of-pocket costs? Were you aware the one-year lockout provision for early TRICARE Prime separation for you is eliminated? Did you know effective April 1, 2001 copayments (except for civilian pharmacy) were eliminated for TRICARE Prime enrollees? Read on, the news from TRICARE Management Activity (TMA) regarding your health care benefit gets even better.

In June 2001, sponsors of family members E-1 through E-4 who were not enrolled in TRICARE Prime received a letter from TMA encouraging them to contact or visit their nearest TRICARE service center (TSC) representative to discuss their individual family members' health care needs and benefit options.

"While the vast majority of active duty family members, E-1 through E-4, are already enrolled in TRICARE Prime, some may not be. There may be exceptions, but we believe TRICARE Prime is the best option for most of these families," said Thomas F. Carrato, executive director, TMA.

Benefits of TRICARE Prime enrollment include priority access at the military treatment facility, timely access to a designated primary care manager, minimal out-of-pocket costs and no claim forms for family members to file. Family members of E-1 through E-4 sponsors can also elect to separate from TRICARE Prime at any time and are not subject to the one-year lockout for early separation.

"Our goal is to ensure that these families have the most up-to-date information available to them, so that they can make an informed decision to enroll in TRICARE Prime, or decline enrollment and continue using the TRICARE Extra/Standard benefit," said Carrato.

Currently, the primary means of identifying these families occurs during inprocessing.

"We identify these families as the sponsor reports to his/her new duty assignment," said Air Force Lt. Col. Loretta Bailey, enrollment project officer, TMA.

"We depend on the support of unit commanders, first sergeants and local installation support services who have direct contact with these families to refer non-enrolled family members, not identified during in-processing, to the TRICARE service center for assistance," said to Bailey.

Family members who elect TRICARE Prime complete an enrollment application that documents the family member's enrollment information and preferences related to the selection of a primary care manager (PCM). Once enrolled, the family member's enrollment becomes portable and can be transferred an unlimited number of times between TRICARE regions as the family relocates. Enrollment in TRICARE Prime for individuals other than those on active duty is voluntary.

Family members retain the right to decide which of the three options -- TRICARE Prime, Extra or Standard, -- best meet their health care needs, and may terminate their enrollment in TRICARE Prime at any time. To terminate their enrollment, the sponsor or the family member must notify their regional managed care support contractor.

"We continually seek ways to make the TRICARE benefit even better and more convenient for our beneficiaries. Enrolling our junior enlisted family members in TRICARE Prime will guarantee them priority access," said Carrato.

Additional information on TRICARE Prime enrollment is available on the Military Health System/TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil), or by contacting the local TRICARE service center representative at 1-800-242-6788.

From USAF news:

#### New Law Regarding Passport Applications for Children Under 14

Effective 2 Jul 01, a person applying for an U.S. passport for a child under 14 must demonstrate that both parents consent to issuing the passport or that the applying parent has sole authority to obtain the passport. Single parents should be advised that the other parent's written consent is required in all "joint custody" orders. This change affects passport applications made at domestic U.S. passport agencies in the U.S., and at overseas U.S. consular offices. The new law was enacted in an effort to reduce the incidents of international, parental child abductions.

Department of State (news announcement):

<http://travel.state.gov/two-parent.html>

Department of State Website (minor passport applications):

<http://travel.state.gov/specialreq.html>

#### New Tax Law Summary Information

About.com, "The Human Internet," offers excellent summaries of the new tax laws, including lower tax brackets, 2001 rebate checks, estate tax rates, child tax credit changes, IRA changes, and more, with links to in-depth articles on the current and future rules.

\* About, The Human Internet Website:

<http://taxes.about.com/library/weekly/aa060501a.htm>

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#### **CAPT Pete Seidler**

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U.S. Department  
Of Transportation

Mailing Label

United States

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USCG Integrated Support Command  
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Honolulu, HI 96819-4398

## **2001 Aloha Resource Fair!**

5:30-8:00pm, Wednesday, 05 September 2001

Red Hill Community Center, Next to the Country Store

The Aloha Resource Fair  
is vital for newcomers and kama'ainas to obtain information  
concerning many aspects of a Hawaiian tour

### **Coast Guard and Community Resources will include:**

Hawai'i Visitors Bureau  
Honolulu Police Department  
Financial Assistance  
Stress Management  
Relocation Assistance  
Parenting Classes  
Family Child Care Information



Space A Travel  
Health and Fitness Classes  
Health Care  
Legal Assistance  
Housing Assistance  
Youth Activities  
And More!

A fun and informative night to be shared by all. Also, several  
resources from the civilian community will be present to share  
higher education possibilities among other things.

For more information call 541-1585/0.

**Aloha Resource Fair happens only once a year!**

**Special for the Kids!!**

**FREE CLOWN ENTERTAINMENT!**

**Magic Show, Balloon  
Animals, Face Painting**



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